VANCOUVER metro®

NEWS WORTH SHARING.

Family mourns teen cyclist

Xavier Pelletier, 16, took part in the Ride to Conquer Cancer in support of his uncle, a statement says PAGE 3

Big, bad Bruins seize series lead

Boston comes out hard to shut out Chicago and grab a 2-1 edge PAGE 30

Snowden standing his ground

The man behind the NSA leak strikes back at those calling him a traitor PAGE 6

YEEZUS, TAKE THE WHEEL

IT'S KANYE'S WORLD, DON'T YOU KNOW? WITH HIS NEW RECORD DROPPING TODAY, TRY GETTING RE-ACQUAINTED WITH THE MAN, THE MYTH, THE LEGEND PAGE 12

The start of the Comox-Helmcken Greenway includes a diagonal connection marked with green paint across Burrard Street into downtown that's proven popular with cyclists. EMILY JACKSON/METRO

Jury's out on new bikeway

Comox-Helmcken Greenway. Path layout has some cyclists and residents confused

Diagonal crossings, a mix of one-way traffic patterns and a hill steep enough to earn the nickname the "Comox Climb" have left residents scratching their heads when it comes to Vancouver's latest bikeway.

After about six months of construction, the two-kilometre cycling path on the residential West End street west of Burrard is nearly complete. It was built as part of the $5.5-million first phase of the Comox-Helmcken Greenway, which will eventually connect Stanley Park to False Creek.

The greenway also includes repaved sidewalks, water fountains, LED street lights, gardens and benches — all of which have garnered nods of approval (though the city has been asked to dim some lights).

Quoted

"If we got it wrong, we will take input on how to improve it."

Transportation director Jerry Dobrovolny, who said the city welcomes feedback at vancouver.ca

But the bike path that switches traffic patterns at almost every intersection confuses neighbours and cyclists alike.

Retiree Dave Boyack, who has lived in the area for 15 years, witnessed a near collision at Comox and Nicola when a mother and her two children biked diagonally across the intersection to follow the route.

The complicated directions are a "perfect example of a really serious accident waiting to happen," he said, adding the changes have left drivers "flabbergasted."

"Seems like a 'please everybody/confuse everybody' approach," tweeted James Culham, a cyclist who tweets about urban issues from @BLAH_city. An avid cyclist, Culham is pleased the city has built bike infrastructure, though he's not sure it will be used by youngsters or beginners.

If the city wants 10 per cent of trips taken to be on two wheels by 2040, it needs to build bike lanes on major arterials, Culham added.

Indeed, many cyclists are praising the city for the diagonal connection marked with green paint across Burrard as an easier downtown access point.

Positive feedback is also coming in from seniors and people with mobility issues, said Jerry Dobrovolny, the city's transportation director.

The final plan prioritizes pedestrians, Dobrovolny added, acknowledging that there were some trade-offs as the city considered demands from hotels, a school, businesses and a hospital. EMILY JACKSON/METRO

SEND MONEY TO OVER 200 COUNTRIES AND TERRITORIES*

with Western Union® Money Transfers via INTERAC e-Transfer™

BMO† WESTERN UNION WU moving money for better

AVAILABLE THROUGH BMO† ONLINE BANKING

Interac e-Transfer

From me to you

*Terms and conditions apply. Visit bmo.com/westernunion for details. ® The Western Union name, logo and related trademarks and service marks, owned by Western Union Holdings, Inc., are used with permission.
†Registered trade-marks of Bank of Montreal. †,TM Interac, the Interac logo, Interac e-Transfer and the armoured truck design are trade-marks of Interac Inc. Used under license.*

Saving 5%* is a tall order. Good thing we stacked the savings in your favour.

Save an extra 5%* off our already low prices every day with Target REDcard. Use your Target® Debit Card or Target® RBC‡ MasterCard® to save on almost everything in store from, well, eggs to garden hoses. And just about everything in between.

Apply online at target.ca/REDcard or in store.

*Subject to REDcard™ application approval, you will receive 5% off purchases paid for with your REDcard at Target® stores in Canada, except on prescriptions and certain other pharmacist-dispensed items, Target gift cards and Target prepaid cards. 5% discount applies to eligible purchases minus any other discounts and the value of any promotional Target gift cards received in the transaction. Other restrictions apply. See program rules at Target.ca/REDcard for details. The Target™ Debit Card cannot be used at some independent businesses in Target stores, such as the pharmacy.
REDcard™: Target™ Debit Card (issued by Target™ Canada Co.) and Target™ RBC‡ MasterCard® (issued by Royal Bank of Canada).
®MasterCard is a registered trademark of MasterCard International Incorporated, used under license.
‡Lion & Globe Design, Royal Bank and all other RBC marks are registered trademarks of Royal Bank of Canada, used under license.
©2013 Target Brands, Inc. The Bullseye Design and Target are registered trademarks of Target Brands, Inc.

TARGET®

Teen remembered as 'gentle soul'

Traffic fatality.
Boy killed during charity ride praised for 'generosity and faithfulness'

MATT KIELTYKA
matt.kieltyka@metronews.ca

Tributes are pouring in for a Victoria teen who died while taking part in the Enbridge Ride to Conquer Cancer.

Xavier Pelletier, 16, was killed on Sunday in Arlington, Wash., his family confirmed in an emotional statement on Monday afternoon.

"Xavier was a talented young athlete who died riding in support of his uncle, who is a cancer survivor," Nigel Halsted wrote in a statement on behalf of the Pelletier family.

"A gentle soul, he was passionate about cycling and cared deeply for his family, friends and community."

Officials say Pelletier was trying to pass a pack of cyclists — making the two-day journey from Vancouver to Seattle in support of the B.C. Cancer Foundation — when he clipped the wheel of another rider and fell in the path of oncoming traffic.

The teen's mother and uncle were riding with him. Together, they raised $2,668 for the foundation.

Pacific Christian School in Victoria praised Pelletier, who was a Grade 10 student there.

"His presence here at PCS as a student and a young athlete competing in sailing, volleyball, rugby and most recently our TinMan Triathlon will be remembered for years to come," the school's Facebook page says. "His legacy of generosity and faithfulness will inspire us all to serve better and love more deeply."

Pacific Christian School extended its condolences to Pelletier's family and mentioned that professional services will be available to grieving students and staff.

"It is so difficult to see a shining star being moved from earth to heaven. Praying for strength, peace and endurance for his family," posted one Facebook user.

Similar messages were being posted on the social media site.

Xavier Pelletier, 16, died on Sunday in Arlington, Wash., while taking part in the annual Enbridge Ride to Conquer Cancer. CONTRIBUTED/PELLETIER FAMILY

Pelletier's sister, Jennifer, expressed her appreciation for the outpouring of support.

"The support has helped me beyond belief! For me to see everyone show the love to my brother shows he was a GOOD man who cared so much about life, and I know he's here looking over everyone," she wrote.

Semi-automatics among guns handed in during gun amnesty

Some of the firearms collected by Vancouver police during gun amnesty month. EMILY JACKSON/METRO

Vancouver police have collected 37 guns, including restricted and prohibited semi-automatic pistols, halfway through the provincewide firearms amnesty month.

It may not sound like a lot of weapons, but "to get even these handguns in is a success, from our point of view," Staff Sgt. Martin Bruce of the organized-crime unit said at a news conference on Monday.

A few of the guns, particularly an old pocket-sized semi-automatic .45-calibre pistol, were "absolutely good tools for crime" since they could be concealed with ease, Bruce said. A laser sight device was attached to another.

Police hold gun amnesty month to encourage people who don't want the firearms or may not have proper gun licences to hand over their weapons without consequence. The fear is the guns could fall into the wrong hands if sold or stolen.

Typical returns come from people who have inherited guns or find weapons when they move into an old house.

All guns go through ballistics tests to determine if they have been used in crime before they are destroyed in a crushing machine.

Twenty-two rifles, six handguns, four shotguns, five replicas and nearly 700 rounds of ammunition have been voluntarily surrendered so far.

About 200 guns were collected in Vancouver during the last gun amnesty in 2006, Bruce said. None of those guns were found to have a criminal past.

EMILY JACKSON/METRO

There's still time

- **Act fast.** Police expect a rush of returns toward the end of the month. If you have an unwanted gun, don't drive it to the police station. Call 604-717-3321 and an officer will pick up the gun.
- **Warning!** For safety reasons, police advise that you don't answer your door with gun in hand.

Your future is bright in Construction
BRIGHTON COLLEGE
"Brighton College's construction program taught me how to use new technologies like Civil 3D."
- William Pan, Construction Graduate
START YOUR CAREER
Training in Civil 3D is now essential for a career in construction.
Get certified fast! Check out our professional construction courses today.
Call today 604-901-5121 BrightonCollege.com

'Suspicious'. Vancouver police suspect arson in case of fatal house fire

Arson appears to be behind a house fire that killed one person in a South Vancouver basement suite on Saturday evening.

"The death of the person is being treated as suspicious," Vancouver police Sgt. Randy Fincham said at a news conference Monday, noting that the fire in the 900 block of East 63rd Avenue appears to have been deliberately set.

In a bizarre twist, the blaze occurred in the home of a Vancouver woman in her 80s who was killed that morning when the charter bus she was trying to board outside a nearby Sikh Temple started to roll and dragged her a short distance. She died en route to hospital.

Her death marks the eighth traffic fatality in the city this year, Fincham said. The driver is co-operating with police, who are investigating why the bus rolled back, if human error was involved and whether the parking break was engaged.

The fire broke out as her family gathered at the house in mourning, but police say the fire victim was unrelated.

Details about the fire, which apparently started in the basement suite, remain scant after investigators spent the weekend examining the crime scene.

It's not clear if the victim was a tenant or if her or she died before the fire. The victim's age, race and gender will be released pending an autopsy later this week, Fincham said.

There are no suspects at this time. Anyone with information about the fire is asked to call police at 604-717-2500 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

Abbotsford. Police 'concerned' by homeless mistreatment allegations

The Abbotsford Police Department is asking for an independent investigation into the conduct of its own officers in the face of new allegations of mistreatment against the homeless.

The allegations were made known to the department's top brass after a meeting with the Abbotsford Social Development Advisory Committee, who allege police officers damaged tents belonging to homeless people and deployed pepper spray in areas where the homeless set up tents.

"The Abbotsford Police Department is very concerned about these allegations," the department said in a written statement. "The APD does not authorize or approve of officers damaging personal property."

Chief Bob Rich has requested an investigation by the Office of the Police Complaint Commissioner.

MATT KIELTYKA/METRO

... and unusual

Abbotsford's treatment of its homeless population has been under the spotlight recently.

- The city was forced to make an unconditional apology after media reported staff had used chicken manure to drive away homeless people from certain areas.

Lavington, B.C.

Death of teen caught in conveyor belt 'heart wrenching'

The head of Tolko Industries says the company is extremely saddened by the death of an 18-year-old employee who became entangled in a conveyor belt at a planer mill in Lavington, B.C.

Brad Thorlakson says knowing that a family has been forever changed by the tragedy is devastating, and no words can convey the pain of the heart-wrenching loss.

He says a shift supervisor who found Bradley Haslam freed him from the equipment and, along with two other workers, administered first aid until an ambulance arrived early Saturday morning.

Haslam, who was part of the overnight cleanup crew, was transported to a hospital in nearby Vernon, where he was pronounced dead shortly after arrival. THE CANADIAN PRESS

Protesters form a "women's circle" to honour those leading the fight against the Enbridge Northern Gateway project in George Little Park in Terrace, B.C., on Sunday. ROBIN ROWLAND/THE CANADIAN PRESS

Billions at stake: Pipeline proponent

Northern Gateway. Federal review panel enters final phase of public hearings

Canada will be vulnerable to economic disaster should the Northern Gateway pipeline be rejected, a proponent told a federal review panel Monday as the final phase of public hearings got underway.

Richard Neufeld, a lawyer for Calgary-based Enbridge, said there are billions of dollars at stake.

"It's going to allow our country to enjoy tremendous economic benefits that would be afforded by this project, while at the same time providing fair and reasonable protections for local and regional interests," he said.

The $6-billion project would free land-locked Alberta to expand its customer base beyond the United States, delivering oil to a tanker port on the B.C. coast and beyond to the lucrative oil markets of Asia.

Should the line be rejected, the whole country will face the economic consequences, he said.

"How about a decision from the U.S. that it will no longer need Canadian oil?" Neufeld asked the panel. "Canadians would be facing, we suggest, an economic catastrophe of unprecedented proportion."

After more than a year of hearings, dozens of members of the public packed a hotel conference room in Terrace, B.C., to listen to the final arguments under the watchful eyes of private security guards and RCMP.

About 200 opponents of the project held a rally in the city on Sunday and promised another protest Monday afternoon outside the hotel in the scenic city 62 kilometres from Kitimat, the home of the proposed Northern Gateway tanker port. Last year, the city council in Terrace voted to oppose the pipeline. Nearby Smithers and Prince Rupert have done the same.

The project involves two 1,200-kilometre pipelines, one carrying diluted bitumen, the heavy, molasses-like oil produced in the oilsands, west to the tanker port, and the other carrying natural-gas condensate, used to dilute the bitumen, east to Alberta.

More than three dozen parties are scheduled to make a final appeal to the panel over the next two weeks, including the province of British Columbia, which announced last month that it does not support the pipeline going ahead as proposed.

Although the panel reiterated Monday that all evidence is now closed, B.C. Premier Christy Clark said just last week that negotiations continue on the five conditions set out by the province.

THE CANADIAN PRESS

Const. Bill Bentley THE CANADIAN PRESS

Perjury trial sees Taser death video

One of the four RCMP officers involved in Robert Dziekanski's death sat in court Monday with his head bowed as his perjury trial watched the now-infamous video of the confrontation that left the Polish man dead.

The amateur recording, released a month after Dziekanski was stunned with a Taser at Vancouver's airport in October 2007, fuelled a debate about Taser use and prompted a public inquiry in which the shaky video clip became a key piece of evidence.

The video is now at the heart of the perjury trial of Const. Bill Bentley, who is accused of lying six times at the 2009 inquiry — primarily when he attempted to explain discrepancies between what he wrote in his police notes and told homicide investigators and what the video actually shows.

For example, Bentley claimed in his notes and police interviews that Dziekanski screamed and came at the officers before the Taser was used and that two officers physically brought Dziekanski to the ground, but the video contradicts both of those assertions.

THE CANADIAN PRESS

1 night, 100 dates and lots of new digits

Rendezvous Club. Local company founded in 2004 hoping to form their 20th marriage

KATE WEBB
kate.webb@metronews.ca

Science tells us it takes seven seconds to make a first impression — what the 200 singles signed up for a massive speed-dating event in Vancouver this Thursday do after that is up to them.

Rendezvous Club owner Chris Hall has been running the annual "100 Dates in 100 Minutes" mega-mixer in Vancouver for the last five years, and thinks speed-dating is a cut above online dating because it offers something a profile on a screen can't.

"It's the first impression," he says. "I think that's one thing you miss out on with the online dating. For me, if I'm sitting across from someone I know if there's a potential for something there or not within that first three minutes."

Rendezvous's regular events are usually more intimate, with just 30 guys and girls chatting for five minutes each. But this one, held at Caprice Nightclub, is designed to be a lean, mean matchmaking machine.

Thursday

Tickets are $50 and include access to the open bar. To register, visit rclub.ca or call 604-729-5990.

The 200 eligible bachelors and bachelorettes will be grouped into three age categories: 23 to 28, 29 to 34, and 35 to 40. Each person will have 33 three-minute dates with people in their own age group, meaning that by the end of the night there will have been a total of 100 dates in 100 minutes between all of them.

Hall said there are still about 40 spots available, mainly for women in the youngest age category and men in all three.

"We always make sure we have equal numbers, it's just the girls will sign up two or three weeks in advance and the guys will sign up two or three days before," he explains.

One hundred guys and 100 gals will get three minutes each to quiz 33 potential mates at Caprice Nightclub this Thursday. CONTRIBUTED/RENDEZVOUS CLUB

Earn 500 Bonus AIR MILES®† reward miles.

Make the BMOst of summer.

No annual fee.

Visit a branch or bmo.com/get500 for details.

BMO Bank of Montreal
Making money make sense®

Terms and conditions apply. ®Registered trademark of Bank of Montreal. ®*Registered trademark of MasterCard International Incorporated. ®†Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Bank of Montreal.

Ducks killed after 5-car crash

Five of six drivers on a Vancouver Island highway did their best to avoid a family of ducklings — but the sixth motorist failed to dodge the clan trying to cross the road.

Shawnigan Lake RCMP say the incident followed a multi-vehicle collision on Sunday afternoon as one car slammed into three others that had stopped to let the birds cross the Trans-Canada Highway safely, about 45 kilometres northwest of Victoria.

A fifth car then swerved and hit the median, while the sixth vehicle, a grey Honda Accord, veered around the crumpled cars but struck the ducks and continued on.

Officers eventually tracked the Honda after reports it was hitting pylons through a construction zone along the Malahat Highway, and the 47-year-old Saanich woman at the wheel is now being investigated for impaired driving.

Police say it was the second incident in two days in which charges of drunk driving have been recommended after a car swerved to avoid an animal.

THE CANADIAN PRESS

Seeley Lake

Boy, 16, swimming with friends drowns

A 16-year-old boy is believed to have drowned while swimming with friends at Seeley Lake Provincial Park near New Hazelton, B.C.

RCMP Const. Lesley Smith says police received a report about two young males yelling for help on an island about 30 metres from shore around 5 p.m. on Sunday.

The 16- and 17-year-old boys told police the trio swam across the lake toward the island but halfway across, their friend panicked and went under the water.

Smith says police and conservation officers went out in their boats and that a search-and-rescue crew and an ambulance were also deployed.

THE CANADIAN PRESS

Crawford Bay

Pilot in fatal plane crash identified

The pilot of a plane that crashed near Crawford Bay last week has been identified. Anthony Quibell, 53, was piloting a Cessna Skymaster 337 aircraft that left the Nelson airport for Saskatchewan last Wednesday afternoon.

THE CANADIAN PRESS

NSA leaker Snowden hits back at American critics

Intelligence. In web chat, man in hiding remains defiant over decision to release secret documents

Edward Snowden, who worked as a contract employee at the U.S. National Security Agency, is seen in Hong Kong on June 9. Snowden defended his actions in a live chat with The Guardian newspaper on Monday. THE GUARDIAN/THE ASSOCIATED PRESS FILE

Edward Snowden, the National Security Agency leaker, defended his disclosure of top-secret U.S. spying programs in an online chat Monday with The Guardian and attacked U.S. officials for calling him a traitor.

"The U.S. government is not going to be able to cover this up by jailing or murdering me," he said. He added the government "immediately and predictably destroyed any possibility of a fair trial at home" by labelling him a traitor, and indicated he would not return to the U.S. voluntarily.

Congressional leaders have called Snowden a traitor for revealing once-secret surveillance programs two weeks ago in The Guardian and the Washington Post. The National Security Agency programs collect records of millions of Americans' telephone calls and Internet use as a counter-terror tool. The disclosures revealed the scope of the collections, which surprised many Americans and have sparked debate about how much privacy the government can take away in the name of national security.

THE ASSOCIATED PRESS

Quoted

"Being called a traitor by Dick Cheney is the highest honour you can give an American." Edward Snowden

Fallout. Report of British snooping on foreign diplomats raises hackles

A newspaper report that British eavesdropping agency GCHQ repeatedly hacked into foreign diplomats' phones and emails has prompted an angry response from traditional rival Russia and provoked demands for an investigation from Turkey and South Africa.

Although spying on diplomats is as old as diplomacy itself, The Guardian's report laid out in explicit detail steps taken by GCHQ to monitor foreign officials' conversations in real time, saying that British spies had hacked emails, stolen passwords and gone so far as to set up a bugged Internet café in an effort to get an edge in high-stakes negotiations.

The Guardian cited more than half a dozen internal government documents provided by former NSA contractor Edward Snowden as the basis for its reporting on GCHQ intelligence operations, which it says involved, among other things, hacking into the South African Foreign Ministry's computer network, targeting the Turkish delegation at the 2009 Group of 20 summit in London and using the vast spying base at northern England's Menwith Hill to monitor the satellite communications of Russian leader Dmitry Medvedev.

Russians responded angrily.

"It's a scandal! The U.S. and British special services tapped Medvedev's phone at the 2009 G20 summit. The U.S. denies it, but we can't trust them," Alexei Pushkov, the chief of the foreign affairs committee in the lower house of Russian parliament, wrote on his Twitter feed Monday. THE ASSOCIATED PRESS

No comment

Speaking at the G8 summit, U.K. Prime Minister David Cameron declined to address the issue.

- "We never comment on security or intelligence issues and I am not about to start now," he said.

MEMBERS GET
HOT ANDROID™ SMARTPHONES WITH EVEN HOTTER SAVINGS.
Check out our Smartphone lineup and hook up with a new Android, like the Samsung Galaxy Ace II X™ for $0.
+ GET EXCLUSIVE MEMBER ACCESS & DEALS FROM OUR AWESOME PARTNERS
H&M CINEPLEX Expedia.ca
virginmobile.ca/android
Order online at virginmobile.ca, call 1.855.BE.VM.VIP or stop by to say hi.
Virgin mobile THE SOURCE FUTURE SHOP Walmart BEST BUY BEST BUY mobile Visions ((WIRELESSWAVE)) booth wireless WIRELESS etc... COSTCO WHOLESALE THE MOBILE SHOP

Riding the revolutionary wave ... with their guitars in hand

Stepping up and stepping out. After decades of activism by Grup Yorum, an adoring audience is finally in sync with the band's revolutionary message

ELISABETH BRAW
Metro World News in Istanbul

The door testifies to the kind of visitors who tend to turn up here: It's made from heavy steel. Yes, the police raid this house every so often. That's because its residents are not just the stars of Taksim Square but also Turkey's most prominent revolutionaries, period.

"Right now three of our members, including my wife, are in jail," Cihan Keskek tells me as he shows me around the house here in the lower-class neighbourhood of Ortaköy where he and his bandmates live in a commune. Yes, this is a Communist band. In fact, in their songs, Grup Yorum propagate a Marxist revolution. "Protest isn't enough," says Keskek, who plays a traditional Turkish instrument similar to a guitar or banjo. "We need a revolution."

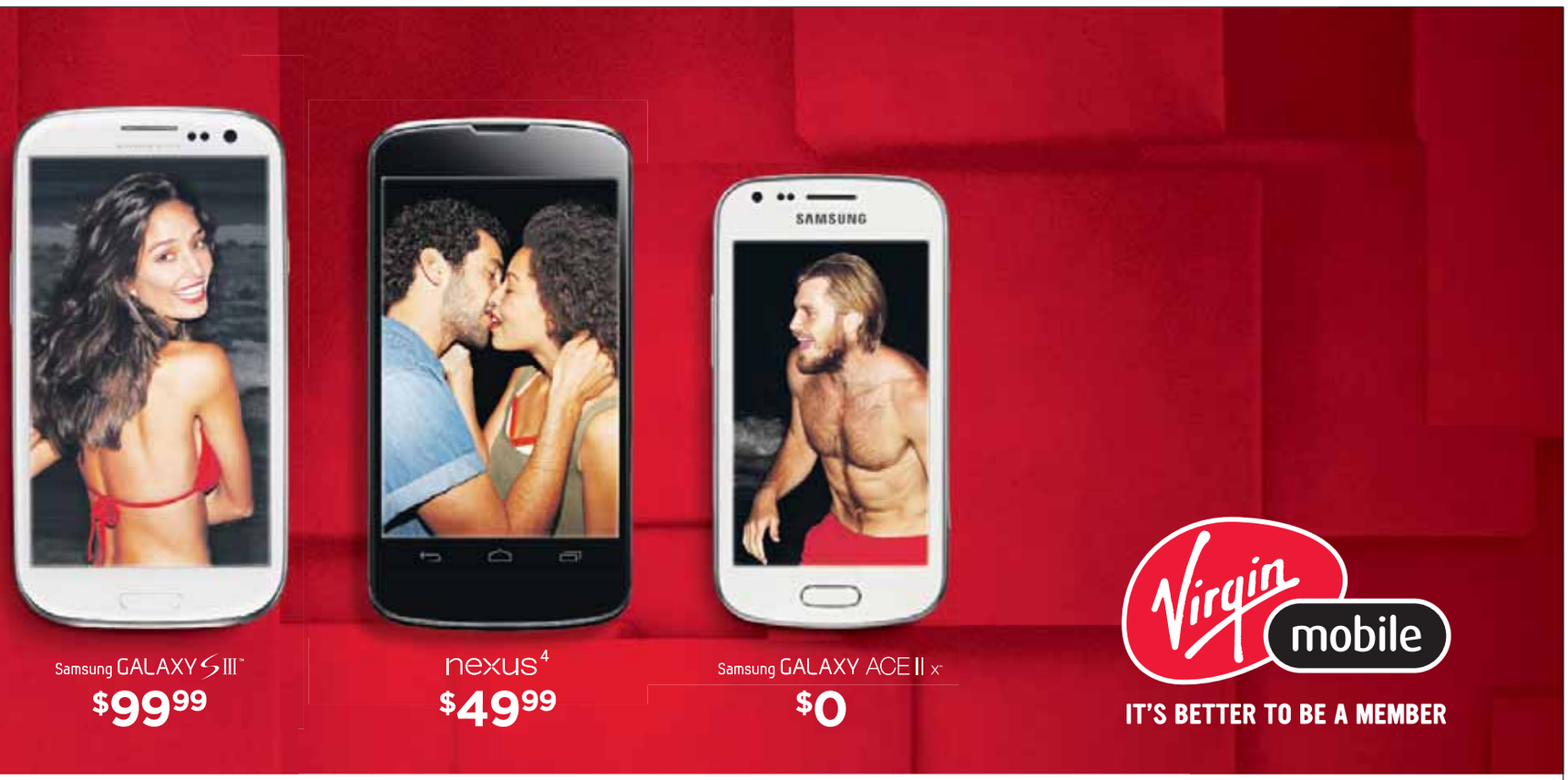
Long before anybody thought of occupying Gezi Park, Grup Yorum protested against the "oppressive" Turkish government in its songs, often including writings by leaders like Che Guevara. In addition, the band and a core group of supporters — who also live and work here in this 20-member commune — produce a Communist magazine. On the ground floor they run a café, where guests can peruse radical literature and help themselves to mini-guitars, carved in wood by jailed band members.

Long before anybody thought of occupying Gezi Park, Grup Yorum protested against the "oppressive" Turkish government in its songs. METRO WORLD NEWS

But the musicians have paid dearly for their activism. Since the band's inception in 1985, members and supporters have been sent to jail more than 400 times, according to their own calculations. Members report that during their regular visits to the commune, police officers destroy the interior, particularly the group's recording studio. Every time the group buys new equipment and builds a new door.

For a long time, Grup Yorum's revolt was a lonely one. People were afraid to attend the band's concerts. Media didn't dare to write about them. But all of a sudden that has changed. Recently Grup Yorum played to some 55,000 fans in Istanbul. They play to rapturous audiences in Gezi. Reflects Keskek: "Now people have passed their fear threshold."

Outside the commune, two members document the revolution, speaking with local residents. They take me to a city park, the Şibel Yalcin Park (named after a female member killed by the police), which Grup Yorum has taken from the city and now operates: No fear there either. The folk music group could celebrate its improbable PR victory over the government.



Limited time offer. Samsung Galaxy S III™ pricing is available with a Platinum plan, Nexus 4 with a Gold plan, and Samsung Galaxy ACE II X™ with a Silver plan. Prices are subject to change without notice. One-time activation fee ($35) may apply. Monthly 911 fees apply in NB (53¢), NS (43¢), PEI (70¢), SK (62¢) and QC (40¢). If you end your services early, a fee will apply; see your Service Agreement for details. Offers and Member Benefits subject to change/cancellation at any time without notice. Taxes extra. Other restrictions apply; see virginmobile.ca for details. Screen images simulated. Phones and some colours may not be available at all retailers. Certain other product names, brand names and company names may be trademarks of their respective owners. © 2013 Samsung Electronics Canada, Inc. All rights reserved. Samsung, Samsung Galaxy S III™ and Samsung Galaxy ACE II X™ are trademarks of Samsung Electronics Canada, Inc., and/or its related entities, used with permission. Nexus, Android, Google and other marks are registered trademarks of Google Inc. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under license. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2013 Virgin Mobile.

Calgary. Mother and her newborn evicted from 'adults-only' building

She's been a mom for mere days, but now Lenora Belanger is facing the daunting task of finding a new home.

The 28-year-old has been informed by resident managers at Calgary's southwest Colonial Manor that the building is for "adults only" and she must get out no later than Tuesday — the actual day little Faith Belanger was expected to be born.

After going through labour Thursday, Lenora said she's not even able to help pack boxes, relying heavily on her 63-year-old mother Elaine Belanger to co-ordinate a temporary move into a relative's place.

"We were only asking for another month," she said. "There was nothing available in July, but we found a number of places for August."

Lenora said she, her mother and partner suffer from financial hardship. During the pregnancy, they had attempted to find a place through the Calgary Housing Company, but the most recent letter from the organization indicates they are on a "low-priority" wait list.

Susan Coombs with the Alberta Human Rights Commission confirmed landlords are allowed to run adults-only properties; however, the practice is barred in Ontario and legal rulings in B.C. and Nova Scotia have also found such regulations unreasonable.

Resident Manager Rick Gravestock said he's simply following the rules, adding the Belangers refused to pay their rent for June after learning of the eviction.

JEREMY NOLAIS/METRO IN CALGARY

Anxiety

"This has been really hard on my health. I don't know what we're going to do."

New mother Lenora Belanger

Lenora Belanger and her newborn Faith. The pair, along with mother Elaine, are expected to have cleared out of their "adults-only" manor in Calgary no later than Tuesday. JEREMY NOLAIS/METRO IN CALGARY

Royal in recovery

Prince Philip leaves hospital

Britain's Prince Philip was discharged from hospital on Monday, 10 days after undergoing exploratory surgery on his abdomen.

Philip, who turned 92 last week, had an operation under general anesthetic on June 7.

He has suffered heart and bladder problems in the past, but officials have not released details about his current condition.

The palace said the prince is expected to spend two months convalescing.

THE ASSOCIATED PRESS

Of planes and pens

F-35 maker inks deal with flight sim company

The U.S. manufacturer of the oft-maligned F-35 has signed a deal with a leading Canadian maker of flight simulators in anticipation of the Harper government choosing to stick with the controversial stealth-fighter program.

The deal between Lockheed Martin and CAE was announced as associate defence minister Kerry-Lynne Findlay declared that no decision has been made on replacing the existing fleet of CF-18s. THE CANADIAN PRESS

'Trust me' mayor nabbed for bribery

Montreal. Special police unit arrests two others for corruption, is investigating suicide

The replacement Montreal mayor, who recently took office amid a corruption scandal and who promised to restore public trust, has been arrested in a bribery case.

Mayor Michael Applebaum was picked up at his home on Monday by Quebec's anti-corruption unit as part of a broader investigation.

There were widespread calls for Applebaum's resignation as he was slapped with 14 charges, including fraud, conspiracy, breach of trust and corruption in municipal affairs.

Just seven months ago he ascended with a promise to lead Montreal out of its era of sleaze.

"We will regain the confidence of our citizens," Applebaum said at the time.

The charges stem from alleged acts that occurred between 2006 and 2011, before he became mayor, relating to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

"We can no longer tolerate these reprehensible acts," Robert Lafreniere, head of the provincial police anti-corruption squad, said on Monday.

Also arrested was a former employee of the Harper government.

Saulie Zajdel — nicknamed the "Shadow" MP, as the Tories hoped to gain a foothold in Montreal in 2011 — faces five charges including bribery, breach of trust, fraud and corruption.

An investigative report by the French CBC said the third man arrested Monday, borough official Jean-Yves Bisson, once admitted to having discussed a condo project with figures linked to the Mafia.

Police also confirmed that the recent suicide of Robert Rousseau, a permits-and-inspections official at the Cote-des-Neiges-NDG borough, is part of their investigation.

At the time of Rousseau's death in March, the French CBC reported that he had been interrogated by police the previous day about the same condo project. THE CANADIAN PRESS

Montreal Mayor Michael Applebaum rose to his position with a promise to rebuild trust. RYAN REMIORZ/THE CANADIAN PRESS

Americans have a laugh

There was a particularly humorous reaction in the U.S., where Toronto Mayor Rob Ford's ongoing troubles have provided considerable fodder for comedians.

- **The Atlantic magazine ran a story on its website titled:** "What the Heck Is the Matter with the Mayors of Canada?" The article began: "So a Canadian mayor was arrested Monday and, no, it was not the one you expect."
- **There was a similar response on the Gawker website:** "A major Canadian city woke up to find out that its mayor had been arrested at his home," began a post, "and it wasn't even the guy who smoked crack on video!" — an allegation about Toronto's mayor that has not been proven.

U.S. does not spy on Canadians: Ambassador

U.S. ambassador David Jacobson
THE CANADIAN PRESS FILE

In his nearly four years as U.S. President Barack Obama's envoy to Canada, David Jacobson has always stressed his desire to bring Americans and Canadians closer.

But in the wake of intense debate over the U.S. National Security Agency collecting large swaths of data on its citizens from major Internet companies, Jacobson makes one large distinction.

"The United States does not spy on Canadian citizens," Jacobson told The Canadian Press on Monday.

Leaked NSA documents obtained by Britain's Guardian newspaper disclosed how the top-secret program called Prism has given the U.S. government access to a huge cache of digital information.

That has sparked a probe by Canada's privacy commissioner, Jennifer Stoddart, about the implications of that U.S. program for Canadians.

"The United States government respects privacy, they respect individual liberties," Jacobson said.

"Quite frankly, these are concepts that in large measure were invented in my country. We care very much about them."

THE CANADIAN PRESS

FACTORY Ford AUTHORIZED

120 HOUR SALES DRIVE

TUESDAY, JUNE 18TH – SATURDAY, JUNE 22ND

0% APR* PURCHASE FINANCING FOR UP TO **72** MONTHS

On select new models

PLUS UP TO **$4,000**** IN MANUFACTURER REBATES

2013 F-150 5.0L amount shown

PLUS **$500**† 120 HOUR BONUS

On select new 2013 F-150, Edge, and Focus models

2013 **F-150**

0%‡ PURCHASE FINANCING FOR UP TO **72** MONTHS PLUS **$4,000**** IN MANUFACTURER REBATES

PLUS $500 120 HOUR BONUS†

on most trims

2013 **EDGE**

0%‡ PURCHASE FINANCING FOR UP TO **72** MONTHS PLUS **$1,500**** IN MANUFACTURER REBATES

PLUS $500 120 HOUR BONUS†

on most trims

THE 120 HOUR SALE ENDS JUNE 22ND
ONLY AT YOUR LOCAL FORD STORE.

Ford

Go Further

| ford.ca |

SiriusXM

Available in most new Ford vehicles with 6-month pre-paid subscription

Vehicles may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. **Dealership operating hours may vary.** * From June 18, 2013 to June 22, 2013 receive 0% APR purchase financing or new 2013 Ford Fusion, Escape (excluding S) and 2014 Ford Mustang GT (excluding GT500 and V6 Coupe Value Leader) for up to 60 months, 2013 Ford F-150 (excluding Raptor and Regular Cab 4x2 XL), Edge, Flex and Taurus for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment or purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price. ** From June 18, 2013 to June 22, 2013, receive $250/$500/$1,000/$1,250/$1,500/$4,000 in Manufacturer Rebates with the purchase or lease of a new 2013 Focus (excluding S and BEV), 2013 Escape 1.6L (excluding S), 2013 Edge FWD (excluding SE), 2013 F-150 (excluding Raptor and Regular Cab 4x2 XL), 2013 F-150 5.0L (excluding Regular Cab 4x2 XL) - all Regions, 6700lb, 8,000lb/12,000lb and Medium Trucks models included. Manufacturer Rebates are not combinable with any Ford consumer incentives. This offer is subject to vehicle availability and may be cancelled or changed at any time without notice. Offer valid from June 18, 2013 to June 22, 2013 (the "Offer Period") to Canadian residents only. Use this CAD$500 bonus offer towards the purchase or lease of most new 2013 Ford F-150 (excluding Raptor and Regular Cab 4x2 XL, Value Leader), Edge (excluding SE) and Focus (excluding S and BEV) vehicles (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory ordered from your Ford Motor Company of Canada ("Ford") dealer during the Offer Period. Offer only valid at participating dealers. Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. This offer is not combinable with any other CPA, GPC or daily rental incentives. Taxes payable before prices offer amount is deducted. ©2013 Sirius Canada Inc. SiriusXM®, the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Market Minute

DOLLAR
98.26¢
(-0.08¢)

TSX
12,288.90 (+101.53)

OIL
$97.77 US (-8¢)

GOLD
$1,383.10 US (-$4.50)

Natural gas: $3.89 US (+16¢)
Dow Jones: 15,179.85 (+109.67)

Foreign ownership

U.S. telcos likely not keen on Canuck wireless market, analyst says

Big U.S. carriers Verizon and AT&T could find access to Canada's wireless market too small for their liking, with new entrants like Wind Mobile or Mobilicity offering few incentives to head north, says a telecom analyst. "If you wanted to come into Canada, you'd want to come in to dominate it," said Iain Grant of the SeaBoard Group.

The Globe and Mail reported that Verizon has talked with Wind Mobile investors and also flirted with the possibility of picking up Mobilicity. AT&T, Norway's Telenor and Great Britain's Vodafone were also cited as possible investors, it said.

THE CANADIAN PRESS

SHAKEN ICED TEA
brewed with
HOJICHA GREEN TEA
DRAGON BLACK TEA BLEND
with NEW FLAVOURS
KIWI LIME
GUAVA LEMON
CITRUS PEAR
free upsize UNTIL AUG 20*
BLENZ COFFEE
We love what you're drinking.
*Offer only available at participating BLENZ stores. Cannot be combined with other offers or discounts. Offer only applies to BLENZ Shaken Iced Teas. For full terms and conditions visit our website.

Apple has joined other firms in releasing figures on data requests from U.S. government agencies. AFP/GETTY IMAGES FILE

Apple reveals government request totals

Privacy. Firm received thousands of demands from law enforcement over past six months

Apple says it received between 4,000 and 5,000 requests from U.S. law enforcement for customer data for the six months ended in May.

The company, like some other businesses, had asked the U.S government to be able to share how many requests it received related to national security and how it handled them. Those requests were made as part of Prism, the recently revealed highly classified National Security Agency program that seizes records from Internet companies.

THE ASSOCIATED PRESS

Common requests

- Apple said that the most common form of request came from police investigating robberies and other crimes, searching for missing children, trying to locate a patient with Alzheimer's disease or hoping to prevent a suicide.

NEED MONEY?
✓No credit checks
✓Fast approvals
call 1-866-499-5629
And get cash now!!
www.mynextpay.ca

SCREEN TIME DISRUPTS A GOOD SNOOZE

SHE SAYS

Jessica Napier
metronews.ca

Lately, there are lots of questions keeping me up at night: Is there actually a Rob Ford crack video? What on Earth is going on in Game of Thrones? Is my wireless router slowly rotting my brain? But what's really causing me to lie awake past my bedtime isn't this cycle of my own erratic thoughts — it's my beloved cellphone.

Checking emails and scrolling through my Facebook news feed has become as much a part of my nighttime routine as brushing my teeth. And I know I'm not alone.

In 2012, Time Mobility released a research study on the mobile habits of 5,000 individuals in eight different countries around the world. Eighty-four per cent of the respondents admitted to sleeping with their mobile phones in their bedroom, 68 per cent choosing to keep their device within arm's reach. As phones and tablets replace alarm clocks and good books as the most ubiquitous bedside accessory, our minds and bodies are beginning to suffer.

Listening to music or watching TV might seem like an ideal way to unwind after a long day, but staring at backlit devices late at night can actually trick your body into thinking it's daytime and disrupt the length and quality of your sleep. The artificial light emitting from tablet and smartphone screens is a form of optical radiation that effectively inhibits sleep-promoting neurons in the brain and suppresses the release of melatonin, an important hormone that helps to regulate our internal clock. In fact, two hours of exposure to a bright screen at night can reduce melatonin levels up to 22 per cent.

Far from lulling us to sleep, those late-night Netflix marathons are actually disrupting our body's natural circadian rhythms and keeping us up at night.

Those of us getting less than the recommended seven to eight hours of sleep a night are susceptible to a myriad of physical and cognitive side effects including elevated blood-pressure levels, reduced mental clarity and heightened risk of diabetes and obesity.

Most of us know the importance of a good night's sleep but we don't necessarily think twice about satisfying our late-night tech cravings.

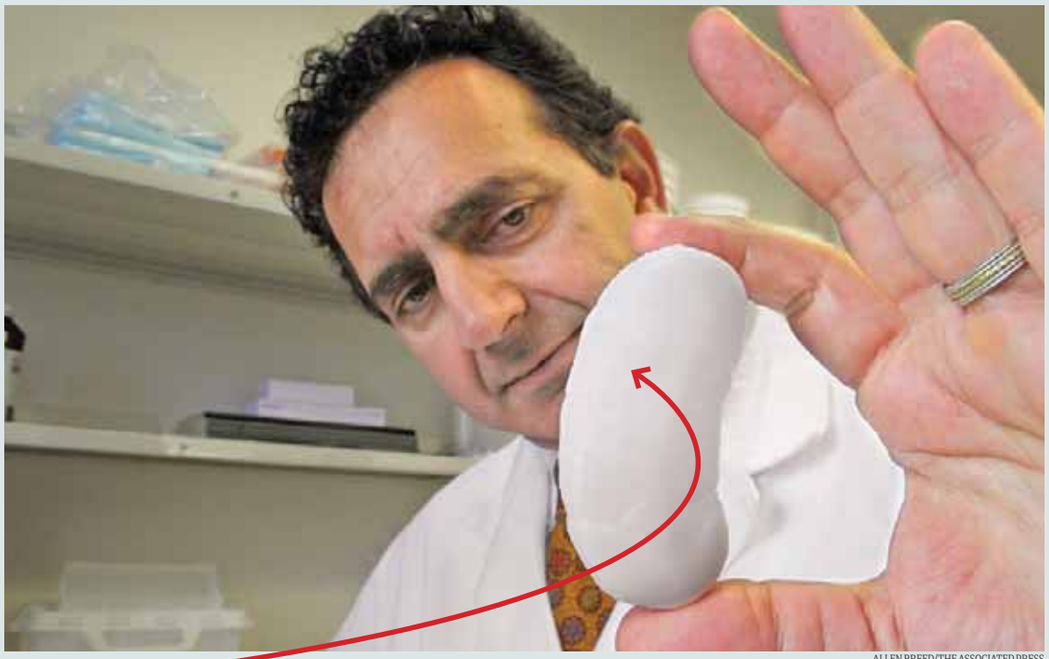
Most doctors recommend switching off at least an hour before your head hits the pillow. It's also wise to relocate mobile devices away from the bedroom to prevent heavy users from checking messages in the middle of the night.

The thought of sleeping in a different room than your iPhone might give you separation anxiety, but the mental and physical damage caused by 24-hour mobile habits are far worse than a couple of missed emails.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Organ transplants hot off the printer



ALLEN BREED/THE ASSOCIATED PRESS

Doctors experiment with 3D printers

Dr. Anthony Atala holds the "scaffolding" for a human kidney created by a 3D printer in a laboratory at Wake Forest University in Winston-Salem, N.C.

Instead of depositing ink, the printer puts down a gel-like biodegradable scaffold plus a mixture of cells to build a kidney layer by layer. Atala expects it will take many years before printed organs find their way into patients.

The university is experimenting with various ways to create replacement organs for human implantation, from altering animal parts to building them from scratch with a patient's own cells.

METRO

Another alternative

- Here's the dream scenario: A patient donates cells that the lab uses to seed onto a scaffold that's shaped like the organ needed. Then, says Dr. Harald Ott of Massachusetts General Hospital, "we can regenerate an organ that will not be rejected."

Not possible yet

There are plenty of challenges with this organ-building approach. One is getting the right cells. Cells from the patient's own organ might not be available or usable. So scientists are exploring genetic reprogramming so blood or skin cells could be turned into appropriate cells. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

The best camera is the one that's with you. Or so the saying goes by photographers-turned-'iPhonographers' too lazy to schlep around a real camera. But luckily you don't have to choose sides in the 'real'-camera-versus-iPhone fight. Follow these professional photographers who use iPhones too.

@coryrichards:
Everything you'd imagine from a National Geographic photographer, from pics of the Milky Way over a stilt settlement in Indonesia to cowboys and Mustangs in the Wild West.
coryrichards.com

@zakshelhamer:
Warning: Following this adventurer/photographer might make you want to quit your day job and hit the beach, trail or mountains. photosbyzak.com

@chrisconnolly:
This Instagrammer puts his analogue skills to use in the digital realm. Bold colours. Symmetry. Lines. Texture. Check out his digital and film work at 15by8.com.

Comments

RE: It's A Darwinian World Out There, And We're Raising Generation Wuss, published online June 17

Sure. As a parent you're developmentally ready for those realities. Are you really sure the kids are? Evidence disagrees with you STRONGLY. It's time to cater the content and the timing of the message to the right age groups. We do it with alcohol. We do it with voting. This is catering to what we've learned are the needs and abilities of younger groups.

Talking tough only serves to misrepresent the reasons this is being done. And it makes you look self interested as a parent in my opinion. **Dennis posted to metronews.ca**

Growing up in my generation it was a hard cruel world. Racism and bullying was an expected norm. If you had social or learning problems, everyone just assumed you'd be pumping gas or in jail by the time you got out of school if you graduated at all.

Today, we as a society have gone to the extreme. There needs to be consequences for our actions. We need to teach our kids that no, you do not win all the time, but just because someone is better at something than you are doesn't mean you are less of a person. Or just because you are better at something then the other person it doesn't make you superior it just makes you better at that. **Gigi Green posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** #250 - 1190 Homer Street Vancouver, BC V6B 2X6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

SCENE 2

The universe of Kanye

We're just lucky enough to live in it. Today his new album, Yeezus, drops, and we look at the rapper's awesome awesomeness.

MICHELLE CASTILLO
scene@metronews.ca

COLLABORATORS

Entourage 2007 — In one episode, Kanye saved the day when he offered to take Vinny Chase and co. to Cannes on his private plane.

Bon Iver 2010/2013 — Two tracks from My Beautiful Dark Twisted Fantasy —Woods and Monster — featured the folk artist's efforts. They work together again on Yeezus.

Daft Punk 2007/2013 — He sampled the French duo's Harder, Better, Faster, Stronger on Stronger and they helped out with three or four "joints" (as Kanye put it) on Yeezus.

The Cleveland Show 2010 — Kanye stars as Kenny West, Cleveland Jr.'s rival, on the Family Guy spinoff. He's reprised his role in four additional episodes since.

CONTROVERSIES

Kanye vs. Taylor Swift 2009 — You remember the below. Kanye would apologize to Swift for interrupting her MTV award win, but took back the apology just this week.

Kanye vs. AIDS 2005 — During a Live 8 tour, Kanye announces that AIDS was a "man-made disease... placed in Africa just like crack was placed in the black community to break up the Black Panthers."

Kanye on South Park 2009 — Fuelled by his massive ego, a cartoon "Kanye" goes into a murderous rage after not getting a joke. "It hurts my feelings," he wrote on his blog, "but what can you expect."

Obama vs. Kanye 2009 / 2012 — After his MTV antics, the president called Kanye a "jackass"—twice. "I don't give a f—k what the president's got to say," Kanye rapped.

LOVERS

Alexis Phifer 2002 to 2008 — Kanye proposed to the designer in 2006, but they never married.

Amber Rose 2008 to 2010 — It put the model into the limelight. She's now engaged to Wiz Khalifa.

Kim Kardashian 2012 to present — Kanye just had a baby girl with the reality TV star, who also inspired tracks like Cold.

LIFESTYLE

Donda West Plastic Surgery Law 2009 — California governor Arnold Schwarzenegger signs a law requiring people to undergo a physical examination before undergoing plastic surgery after Kanye's mother dies during a cosmetic procedure

Nike Air Yeezy 2009, 2012 — The rapper was the first non-athlete to work with the brand, and has released two editions to date.

The WestJet 3 Day Sale*

Save on flights and vacation packages to select U.S., Mexico and Caribbean destinations, and flights to select Canadian destinations.

Book by: June 20, 2013 (11:59 p.m. MT)*
Travel from: September 4 – October 26, 2013
Blackout dates: October 10 – 15, 2013

How to get this deal: For Canadian and U.S. destinations, travel on Tuesdays, Wednesdays, Thursdays and Saturdays. For Mexico and Caribbean destinations, travel on any day of the week where WestJet offers scheduled service.

Book your flights or vacation package now at **westjet.com**, or call your travel agent.

WESTJET

*Seasonal start and end dates apply and are indicated in the booking flow. Book by June 20, 2013 (11:59 p.m. MT) for travel from September 4 to October 26, 2013. Blackout dates from October 10 to 15, 2013. For Canadian and U.S. destinations, travel on Tuesdays, Wednesdays, Thursdays and Saturdays. For Mexico and Caribbean destinations, travel on any day of the week where WestJet offers scheduled service. Fares and package prices on other days may be higher. Flights may not operate on certain days. Seat sale fares are discounted from WestJet's lowest regular fare, apply only to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our codeshare, interline or other airline partners. Sale vacation packages are discounted by a reduction in the price of the air component of the package. For flights, fuel surcharge between $22-$45 per direction still applies to Air Miles™ redemption bookings. For vacation packages, fuel surcharge between $44-$90 round-trip still applies to Air Miles™ redemption bookings. Advance purchase required. Seats at these fares are limited and may not be available on all flights. Offer limited and subject to availability. New bookings only. Non-refundable. Other restrictions may apply. See westjet.com for full seat sale details.

Angelina Jolie and Brad Pitt

Pitt: It's 'business as usual' for Jolie after treatment

Brad Pitt says Angelina Jolie is recovering from her voluntary double mastectomy and that it's "business as usual" following the treatment. "Her focus now is that all people have access to testing. If you do your research it doesn't have to be scary, it can be an empowering thing," Pitt tells Good Morning America while promoting World War Z, his latest film. "It's business as usual, she's doing great. When she wrote (her New York Times essay), we had already come out the other end."

Kate Middleton

Due date looming, Kate's done with appearances

Kate Middleton made her final public appearance this weekend before the birth of her first child, due next month, according to Radar Online. Flanked by her husband, Prince William, and her brother-in-law, Prince Harry, the Duchess of Cambridge smilingly observed the Trooping of the Colours parade in celebration of the Queen's birthday dressed in a pink coat and hat. Kate and William's child is due in mid-July.

Twitter

@TheRealRosanne
just experienced my fourth earthquake in six weeks- omg

@RickiLake
I know I'm a little late, but Downton Abbey is soooooo good.

@lenadunham
Can someone tell me whether we're supposed to be offended by Johnny Depp's portrayal of Tonto or not? Must know for dinner parties/twitter.

Nigella Lawson's hubby insists throat grab on his wife was a 'playful tiff'

Police are investigating an apparent incident between celebrity chef Nigella Lawson and her husband, advertising executive Charles Saatchi, during which he reportedly grabbed her throat at a London restaurant, according to the Mirror. Witnesses say Lawson left the lunch in tears. "Officers from the Community Safety Unit in Westminster are aware" of the incident, a police spokesperson says. "Inquiries are in hand to establish the facts of the incident." But Saatchi insists it was just a "playful tiff," telling the Evening Standard, "We were sitting outside a restaurant having an intense debate about the children, and I held Nigella's neck repeatedly while attempting to emphasize my point."

"There was no grip. It was a playful tiff. The pictures are horrific but give a far more drastic and violent impression of what took place," Saatchi added.

Nigella Lawson ALL IMAGES GETTY

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Show of unity from Sharon and Ozzy amid divorce rumours

THE WORD
Dorothy Robinson
scene@metronews.ca

Despite the rampant rumours that Ozzy and Sharon Osbourne are divorcing, the two looked very cosy on Sunday night at the 40th annual Daytime Emmy Awards in Beverly Hills, Calif. Allegations have swirled since April that the long-married pair are living separately, with Ozzy in a rented Beverly Hills mansion and Sharon at the Beverly Hills Hotel.

"They are living at different addresses and not spending any time together," a source recently told the Sun. Ozzy talked about the divorce rumours on social media. "For the last year and a half I have been drinking and taking drugs," Ozzy wrote on his Facebook page in April. "I was in a very dark place and was an a—hole to the people I love most, my family. However, I am happy to say that I am now 44 days sober. Just to set the record straight, Sharon and I are not divorcing. I'm just trying to be a better person." And now they are having a date night. All together now: "Awwww."

THE SAMPLE SALE GUYS

JUNE 20 - JUNE 23 | 2013
4 DAY SALE

SUMMER
DESIGNER CLOTHING SALE
40%-80% OFF

THURSDAY JUNE 20 (11AM - MIDNIGHT)
FRIDAY JUNE 21 (11AM - MIDNIGHT)
SATURDAY JUNE 22 (11AM - 10PM)
SUNDAY JUNE 23 (11AM - 8PM)

KATE SPADE, TOM SHOES, SUPER DRY, JBRAND, MICHAEL KORS, MARC JACOBS, NUDIE, PRPS, TRUE RELIGION, GSTAR, RICH AND SKINNY, JUICY COUTURE, WILLIAM RAST, FRED PERRY, RAG+BONE, DIESEL, CITIZENS OF HUMANITY, SEVEN FOR ALL MANKIND, HUDSON JEANS, BCBG, AG AND MORE.

EMPIRE LANDMARK HOTEL VANCOUVER

OPEN TO THE PUBLIC
WE ACCEPT VISA, MASTERCARD, DEBIT, CASH
WOMENS & MENS COLLECTION . FULL SIZE RANGE
DENIM, JACKETS, DRESSES, SHIRTS, HAND BAGS & MORE
EMPIRE LANDMARK HOTEL . 1400 ROBSON ST. VANCOUVER, BC

THESAMPLESALEGUYS.COM OR 604.505.9337

10% OFF WITH THIS AD*
*CASH ONLY . SOME RESTRICTIONS APPLY

MONITOR YOUR DOG'S ACTIVITY

As we move into the hottest months of the year it's important to make sure your dogs keep cool.

"Overheating is more common in dogs than we realize," says Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "While any dog can overheat, it's more prevalent in breeds with flat faces, such as pugs, boxers and bulldogs, than it is in long-nosed breeds like German shepherds and greyhounds. Overweight dogs are more prone to overheating, as are dark-haired dogs that are out in the sunshine."

Many pet owners are surprised that their dog shows signs of overheating after playing outside.

"When dogs are running in the park together, they may not stop just because they're getting overheated," Bryer says. "It's up to their owners to monitor their activity. The rule to follow is that if the heat is too much for you, it's too much for your dog."

If you suspect your dog may be overheating, stop activity and move your dog to a cool area.

"Dogs cool down naturally by panting and sweating through the pads of his paws," Bryer says.

However, if your dog doesn't return to normal in a few minutes, there are things you can do to help.

"Remove muzzles or dog boots that might be restricting his ability to cool. Put cool water on his feet, under his arms and near the groin or use ice packs if he has lots of hair in those areas.

ANDY DEAN/VEER

You can also wet the coat with cool water and put a fan on him to cool down. Do all this slowly and gently, so you're not shocking him by cooling him too fast. Also, be sure to offer him some cool water when he's ready to drink — just don't force him."

Within a few minutes, your dog should return to a normal temperature and resume its usual activities.

HEAT STROKE IS PREVENTABLE FOR PETS

When a dog becomes overheated it will usually cool down on its own quickly.

Within about 10 minutes or so, his panting will subside, the dog will be calm and, very soon, it will behave just like normal again.

Cooling a dog down with water, fans and cool air will speed the process. But if several minutes pass and you see your dog isn't getting any better, this can be a sign of heat stroke.

Dogs who are suffering from heat stroke will continue to pant, be lethargic and even disoriented.

These signs will not get better as the minutes pass — in fact, you may see the dog appear worse.

HERREID/VEER

"Heat stroke is very dangerous as it can cause damage to a dog's systems and organs," explains Dr. Barb Bryer, head of emergency medicine at the Veterinary Emergency Clinics in Toronto. "If you suspect your dog may be suffering from heat stroke, it is imperative that your dog be seen by a veterinarian as soon as possible."

Remember that heat stroke, like overheating, is preventable. Take steps to ensure your dog stays cool and isn't overexposed during the dog days of summer.

- Don't leave your dog in a car, especially with windows shut.
- Keep your dog inside as much as possible.
- Keep walks short on hot days; walk early in the morning or later in the evening when things are cooler.

HOT CARS CAN BE LETHAL FOR DOGS

Whether you are parking in the shade, just running into the store, or leaving the windows cracked, it is not a good idea to leave your pet in a parked car.

The temperature inside a car can skyrocket after just a few minutes. Parking in the shade or leaving the windows cracked does little to alleviate this pressure cooker.

On an 29 C day, for example, the temperature inside a car with the windows cracked can reach 38 C within only 10 minutes. After 30 minutes, the temperature will reach 48 C. At 43 C, pets are in danger of heatstroke.

– TripsWithPets.com

NEW

Introducing IAMS SO GOOD!

100% Yummy

100% Wholesome Ingredients!

Do you really know what's in your dog's bowl?

Did you know that some leading brands add sugar, dyes or artificial preservatives? **New IAMS® SO GOOD! has 100% wholesome ingredients and nothing else.**

- ✓ **NO Sugar Added**
- ✓ **NO Dyes**
- ✓ **NO Artificial Preservatives**

Check what's in your dog's bowl:
www.whatsreallyinyourbowl.ca

© 2013 P&G QUA113922E

BRIGHT spot **SHINING A LIGHT ON GREAT INNOVATION**

AVAILABLE AT TARGET

USE TOGETHER, AND

WHITEN YOUR SMILE IN JUST 2 DAYS.†

THINK OF IT AS MONDAY, TUESDAY, WHITEDAY.

What will a 3D White smile do for you?

†By removing surface stains.
Crest® 3D White™ toothpaste fights cavities

life opens up when you do Crest 3D WHITE™

AVAILABLE AT

Loblaws** independent YOUR INDEPENDENT GROCER REAL CANADIAN Superstore big on fresh, low on price.* Atlantic superstore®*

* ®/ ™ Trademarks of Loblaws Inc. Used with permission. All rights reserved. Loblaws Inc., its parent company or any of its franchisees and/or affiliates are not a sponsor of, nor affiliated with Procter & Gamble. © P&G Inc., 2013 AZM14-075

Prep for the first summer sun

Brown skin does not always mean burnt skin. Five things to check off your list before smothering yourself in tanning oil

ROMINA MCGUINNESS
life@metronews.ca

Which SPF should I use?

"People with fair skin (types 1 and 2) should always wear a waterproof sunscreen with an SPF 30 to 50, and darker types (three to six), an SPF of at least 15," Dr. Nick Lowe, skin care expert and founder of the Cranley Clinic in London, tells Metro.

Make sure your sunscreen contains a proven UVA protection.

"UVA rays are aging and UVBs are burning. Whereas UVB rays damage the skin's more superficial epidermal layers, leading to redness and burns, and later cancers, UVA rays penetrate the skin more deeply."

Should I be worried about moles?

"Melanoma is a form of skin cancer that arises in a pigment cell. People tend to associate melanoma with moles (they contain more pigment cells, meaning you've got more to damage and more to change into a cancerous cell) when in reality, they only account for 50 per cent of cases. The other 50 per cent arise from pigment cells in the skin that turn into what looks like a mole. So you need to look out for any change in an existing mole," Lowe explains.

Is there anything I absolutely need to take to the beach?

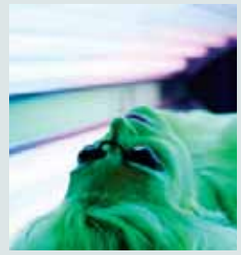
"If you're going to spend the day in the sun, especially between 10 a.m. and 3 p.m., when the rays are most damaging, make sure you have sunscreen, sunglasses and a hat," says Lowe. "Ideally, invest in sun protective clothes and accessories that come with an SPF of 50 plus from brands such as Coolibar (coolibar.com). Unlike lotion, it doesn't wear or wash off."

After a few days in the sun, I drop my SPF, right?

It doesn't matter whether it's the first time or 10th time you go in the sun, never decrease the SPF factor you started off with.

"A lot of people reduce their SPF the minute they get a tan. They mustn't do that," warns Lowe.

Why? Because even though our skin has a natural SPF, it's tiny compared to how much you need. "The protection increases with your natural skin colour so the darker your skin the more protection your tan will give you," he explains.



If I get a salon tan, am I less likely to burn?

"The danger of sunbeds is that they fool people into thinking they're protected when in reality, the resultant tan is very poor as the pigment doesn't spread uniformly across the skin," says Lowe. According to The Skin Cancer Foundation, the high-pressure sun lamps used in salons emit doses of UVA almost 12 times that of the sun.

Understanding your skin type, by Dr. Nick Lowe

Skin Type 1

Characteristics: red heads, very fair skin, freckles
Burns: always burns, never tans
Summer sunburn time: 7 to 10 mins
Recommended SPF protection: 50 + UVA

Skin Type 2

Characteristics:
Burns: burns easily, minimum tanning, tans very light brown
Summer sunburn time: 10 to 20 mins
Recommended SPF protection: 30 + UVA

Skin Type 3

Characteristics:
Burns: moderate burns, tans to light brown
Summer sunburn time: 20 to 30 mins
Recommended SPF protection: 20 + UVA

Skin Type 4

Characteristics:
Burns: minimal burns, tans well
Summer sunburn time: 60 mins
Recommended SPF protection: 15 + UVA

Skin Type 5

Characteristics:
Burns: rarely burns, tans to dark skin
Summer sunburn time: 90 mins
Recommended SPF protection: 15 + UVA

Skin Type 6

Characteristics:
Burns: rarely burns, already deeply dark
Summer sunburn time: 120 mins
Recommended SPF protection: 15 + UVA

How do I become a Dentist ?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more

QUIT SMOKING TODAY
In less than 1 hour with 1 Laser Treatment
$49 BONUS WITH THIS AD!
• Unlimited FREE follow-ups for 8 weeks.
• 1000s treated with up to 94% success rate!
imagine LASERWORKS® VANCOUVER
604.681.4501
IMAGINELASERWORKS.COM
21 Centres Across Canada • 828-409 GRANVILLE ST. VANCOUVER

EARN UP TO $150
❖ SFU Psychology researchers invite you to fill out our ONLINE Life Experiences Survey.
❖ Must be 19 - 50 years old, fluent in English, and reside in either Vancouver, the Tri-cities, Burnaby, Surrey or New Westminster.
CONTACT US FOR MORE INFO
Tel: 778.782.7239
Email: lifesurvey@sfu.ca
SFU SIMON FRASER UNIVERSITY THINKING OF THE WORLD

Visit metronews.ca
metro

Best Health

Give Nordic walking a chance

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

You've seen those people striding along the streets and through parks with poles in their hands.

They're doing Nordic walking, or urban poling, a super-charged fitness routine that will give you a low-impact, full-body workout.

The latest issue of Best Health magazine profiles a few women who love this activity.

Nordic walking was created in Finland in the 1930s and has been growing in popularity in North America and Europe since the 1990s.

Walkers use a pair of lightweight poles similar to cross-country ski poles, but shorter.

They use 600 muscles in the entire body, burning about 400 calories an hour. Regular walking burns about 330 calories.

How should you dress?

Just as you would for a brisk walk: wear layers in cool weather, and comfortable walking shoes.

Expect to pay about $60 and up for a decent pair of poles, which should be about two-thirds of your height.

Some parks and recreation departments across Canada lend poles so you can try them out.

You can take a lesson or two from an instructor certified by an organization such as the Canadian Nordic Walking Association (cnwa.info) to make sure you have proper form. Walk on your own, or find a group at urbanpoling.com, through your local kijiji.ca or meetup.com listings, or at your local recreation centre.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Hey! I want my zinc back

Health. Taking the pill? It might be leaching nutrients from your body

LINDA CLARKE
Metro World News

Ross Pelton, author of The Pill Problem, says that his career has bridged two worlds: that of a registered pharmacist dealing with medications and that of a certified clinical nutritionist concerned with natural healing.

This duality has led him to discover what he calls drug-induced nutrient depletion. This side effect of medications can't be measured in nausea, vomiting, headaches or whatever is on those unappealing lists. Rather, drug-induced nutrient depletion happens slowly, over time, as a medication either inhibits absorption or production — or leaches — nutrients from the body. Among the many common drugs that produce this are oral contraceptives, which prompted Pelton to write The Pill Problem.

Oral contraceptives can deplete regular nutrients. ISTOCK PHOTOS

"As a class of drugs, oral contraceptives have an enormous effect on nutrients," said Pelton. "They deplete all B-vitamins, magnesium, selenium, zinc, tyrosine and coenzyme Q10. The only other medication that comes close to its effect on nutrients is steroids."

According to Pelton's book, without these nutrients, ailments such as depression, sexual malaise, lack of energy and insomnia can develop. To avoid this, Pelton recommends nutritional supplements to counteract the depletion.

"Even with a healthy diet, you can't get the therapeutic levels needed," he said.

"I'm concerned with optimal health and the prevention of illness. Women who take oral contraceptives should take a high-potency multi-vitamin and multi-mineral supplement to provide adequate levels to prevent problems."

More help

Besides a good quality multi-vitamin and mineral supplement, Pelton recommends additional supplements, too

- **To counteract depression.** "Folic acid helps," he said. "We now know that it should be taken in the form of l-methylfolate, the active form. Tyrosine, which is an amino acid, is also necessary. 5HTP and B6 are needed for serotonin production, which helps with mood. Lowered serotonin means lower melatonin, which causes sleeping problems, increasing depression."

interACTIVE NUTRITION
Clean, Pure, Real.
Absolute Protein
Made with 100% Natural Ingredients
InterACTIVE Nutrition™ Absolute Protein™ is made entirely of 100% natural ingredients. Each formula provides an excellent source of dietary protein without artificial preservatives, sweeteners or flavours. Better still, all the raw materials in the Absolute Protein™ are derived from non–genetically modified sources that are screened for both pesticides and herbicides, including a Fonterra sourced 100% New Zealand Whey!
Isolate Protein
Whey Protein
Vegetarian Protein
Soy Protein
RICE Protein
cGMP
GMO

Advertisement

Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

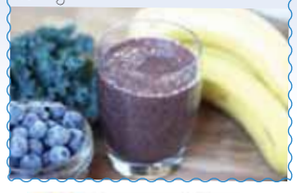
2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy



CHOOSE INTERACTIVE
Canada's # 1 Trusted Brand For Clean & Pure Supplements

interACTIVE NUTRITION™ · Genesis nutrition.ca · VICTORIA'S HEALTH · Health Food Heaven · BODY ENERGY CLUB · healthstore locator www.healthstorelocator.com · TRUE NORTH nutrition

Look for InterActive Absolute Series in local health food stores. Find your nearest health food store at www.healthstorelocator.com. For retailer & product information inquiries, please call True North Nutrition directly toll free at 1-800-261-4223.

INTRODUCING ZzzQuil™ SLEEP-AID.
BECAUSE SLEEP IS A BEAUTIFUL THING.™

It's not for colds.
It's not for pain.
It's just to help you fall asleep,
so you can wake refreshed.
The sleep-aid
from the makers
of NyQuil®

Indicated for relief of occasional sleeplessness. To ensure this product is right for you always read and follow the label. Keep all medicines out of the reach of children.

© Procter & Gamble, Inc., 2013

VICKS®

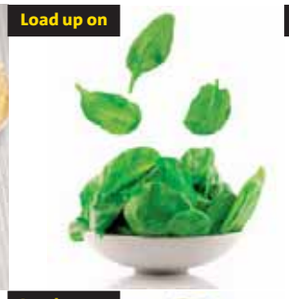
How to feel good naked

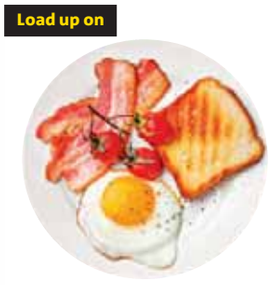
Health. The author of WomanCode turns your body into a "power source" with these tips

MEREDITH ENGEL
life@metronews.ca

Bloating. Zits. Decreased sex drive. If you're a woman, and you're aging up, we may have just described your average Tuesday night. Alisa Vitti, a hormonal health expert and the author of WomanCode, a book about "supercharging your sex drive," says it doesn't have to be that way.

"What's normal is a sex drive that increases as you age," she says. "You need to train the body to maximize the kinds of foods that provide us with micronutrients that help us produce optimal levels of hormones."





AVOID

SOY: More specifically, soy protein isolate. It's packed full of estrogen, which can very often exacerbate many hormonal symptoms. However, small quantities of fermented soy, such as miso paste, tofu and tempeh, are OK.

COW'S MILK: It contains casein, a protein that can make it difficult for nutrients to get to the target glands of the endocrine system (a collection of glands that secrete hormones). This can make it difficult for proper hormonal function and elimination and can worsen symptoms such as acne. Concerned about calcium? Bok Choy and sesame seeds are good alternatives to dairy.

WHEAT: Or the protein that gives wheat-based foods such as pizza their chewy texture: gluten. It has been shown to decrease fertility in some individuals by raising stress levels.

LOAD UP ON

GREEN JUICE: The antioxidant glutathione, present in raw fruit and vegetables, helps with egg quality, liver detoxification and to protect the ovaries. One juice a day is enough; just blend together some kale, cucumber, parsley, ginger, lemon and apple.

EGGS: Help the body make progesterone, the hormone that opposes estrogen and keeps you balanced in terms of your mood.

AVOCADO: The creamy green fruit is a great source of essential fatty acids. As hormones are stabilized in a lipid ring, EFA's help keep them stable and functioning properly.

SPINACH and KALE: The dark, leafy greens contain calcium and magnesium that help the body break down and eliminate estrogen, which in excess, is at the root of many hormonal symptoms.

LIVING WITH SCHIZOPHRENIA?

If you are currently being treated for schizophrenia, or know someone who is, you may be eligible to participate in a worldwide clinical research study exploring a new potential therapy for schizophrenia.

For more information, please call:

The SearchLyte Program

(604) 875-5823 SearchLyte

UBC DENTAL CLINIC

The UBC Dental Clinic is now accepting patients for:

Dental Hygiene Services

We provide full dental hygiene services including examinations, mouth cancer screening, tartar removal/scaling, sealants, fluoride, x-rays, and oral hygiene instruction.

If you would like to participate in our Dental Hygiene Program:

Our Dental Hygiene clinic times are Tuesday and Thursday evenings, 6 to 9 p.m., and Saturday mornings, 9:00 a.m. to noon

For more information or to book a screening appointment please call 604-822-2112 between the hours of 8:30 a.m. and 4:30 p.m.

The UBC Dental Clinic operates at a reduced cost for these services.

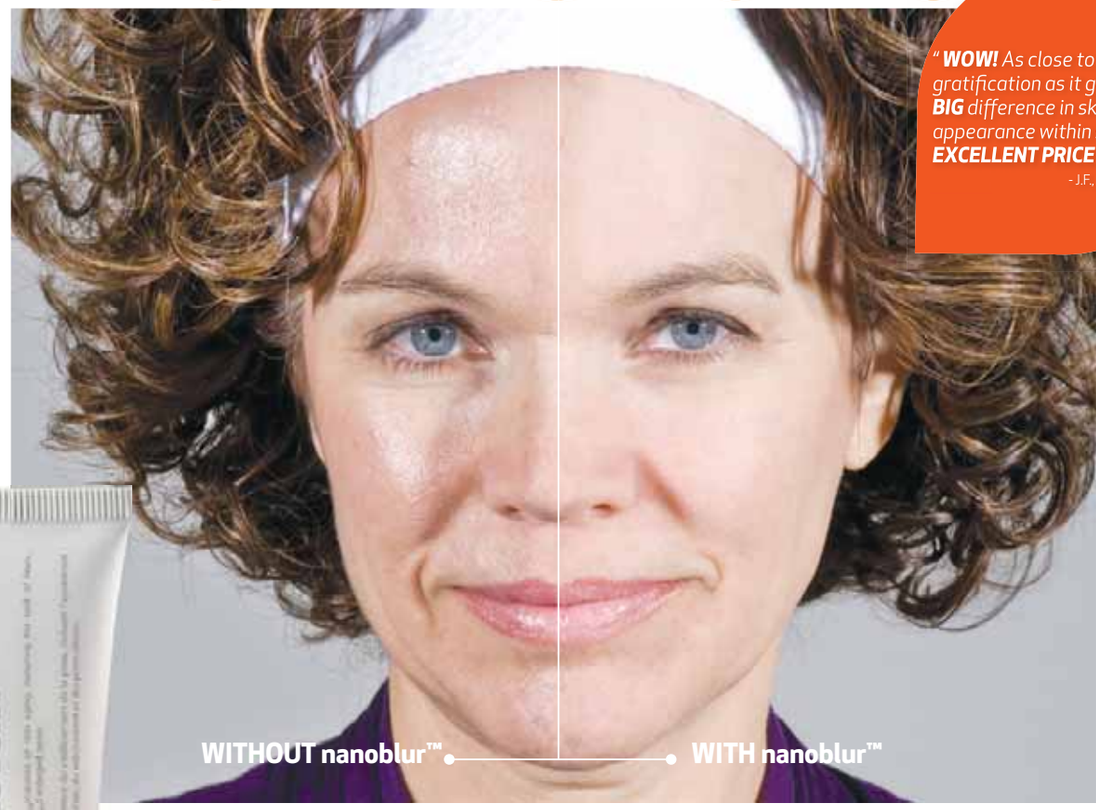
UBC DENTISTRY | THE UNIVERSITY OF BRITISH COLUMBIA

How do I become a Dentist?

Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

nanoblur™



*"**WOW!** As close to instant gratification as it gets. **BIG** difference in skin appearance within seconds. **EXCELLENT PRICE POINT!**"*
- J.F., Belleville, ON

CAMERA READY
SKIN IN SECONDS

It's not a primer. It's a multi-award winning skin perfector!

indeed™ LABORATORIES

indeedlabs.com

Only at SHOPPERS DRUG MART

Keep your cool during menopause

Q: I had may period return after 3 months I started on May 14th and I still have my period. I thought I had finished last night but I started again late this morning. Is this normal?

Ms. P, Lasalle

Josée Fortin, B.Sc., NDA

R: This is very common and is related to the fluctuation of hormones that happens during pre-menopause. You can take Vitex from A.Vogel, which helps support hormone production in the ovaries and make the transition into menopause easier on the body. It helps restore a balance in the levels of estrogen and progesterone, which in turn helps with sleep disorders, hot flashes, heavy bleeding, irregular menses, mood swings, acne and weight gain that can happen during this time. If the bleeding is very heavy, you should check with your doctor to rule out the presence of fibroids or cysts.

As you enter true menopause (when you miss 3 or more periods in a row), you may want to switch to A.Vogel's Vital Energy, which nourishes the adrenal glands and fights fatigue with a pleasant "zen-like" energy. It will also help with insomnia, promoting a healthy sleep cycle and will help you deal with anxiety and stress better- something that can often be taxing during menopause. And since you're likely to experience hot flashes (almost 80% of women do), you'll want to keep a bottle of A.Vogel Menopause on hand. It's made from an extract of fresh sage and has been clinically proven to reduce the frequency and severity of hot flashes and night sweats.

These simple suggestions should get you a little closer to hormonal harmony!

Vitex

Designed by nature. Proven by science.

Vital Energy

Menopause

A.Vogel

Pioneer in Natural Health - since 1923

Put the lime in the coconut for a no-bake Island Lime Pie

1. Crust: In food processor, chop macadamia nuts into small pieces. Add coconut, dates, vanilla and sea salt and blend to obtain mix that can be formed into a ball.

2. Line bottom and sides of 23-cm (9-inch) pie plate with crust.

3. Avocado Mousse: In food processor, combine avocados, lime juice, coconut butter, agave nectar and vanilla; blend to a smooth cream. Pour into crust. Set aside at room temperature while preparing frosting.

4. Frosting: In blender, combine water, lime juice, nuts, agave nectar, vanilla and sea salt. Blend to smooth cream consistency. If needed, add 15 ml (1 tbsp) more water. While blender is running, incorporate melted coconut oil.

This recipe serves 12. THE CANADIAN PRESS H/O

5. Place mix in pastry bag with narrow nozzle. Trace spiral of frosting on pie from centre to rim of pie plate. With chopstick, trace dozen lines in frosting at regular intervals from centre to rim to resemble a spider web. Before serving, garnish with lime slices and grated coconut. THE CANADIAN PRESS/ RAW-ESSENCE BY DAVID COTE AND MATHIEU GALLANT (ROBERT ROSE, 2013)

Ingredients

Coco-Macadamia Crust
- 125 ml (1/2 cup) macadamia nuts
- 250 ml (1 cup) shredded coconut
- 3 chopped seedless dates
- 2 ml (1/2 tsp) alcohol-free vanilla essence
- 1 ml (1/4 tsp) sea salt

Avocado Mousse
- Flesh of 2 to 3 avocados
- 175 ml (3/4 cup) lime juice
- 125 ml (1/2 cup) coconut butter
- 125 ml (1/2 cup) agave nectar
- 2 ml (1/2 tsp) vanilla essence

Frosting
- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lime juice
- 125 ml (1/2 cup) macadamia nuts
- 10 ml (2 tsp) agave nectar
- 1 ml (1/4 tsp)vanilla essence
- 0.5 ml (1/8 tsp) sea salt
- 15 ml (1 tbsp) coconut oil, melted
- Lime slices, grated coconut

Snack. Grilled Lattice-Topped Apples

1. Heat grill to 190 C (375 F).

2. Cut tops off apples and discard. Scoop out flesh from apples, making a hollow in each one. Discard cores and seeds. Finely chop apple flesh into a small bowl.

3. In saucepan, melt butter and honey. Remove from heat and stir in cornstarch and cinnamon. Pour over chopped apples and stir to combine. Spoon filling into hollowed-out apples.

4. Using sharp knife, cut thin strips of pastry. Weave strips of pastry over each apple to form a lattice top.

5. Place apples in heavy pan that can go on a grill. Pour apple juice into pan around base of apples. Place pan on grill. Close grill lid and bake 45 minutes or until apple filling is soft when poked with a sharp knife.

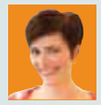
6. Remove from heat and arrange on serving dishes. Serve as is or with a scoop of ice cream and caramel sauce.
THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHELLENBERG ET AL (HERALD PRESS, 2013)

Ingredients

- 4 Granny Smith apples
- 60 ml (4 tbsp) butter
- 60 ml (4 tbsp) honey
- 5 ml (1 tsp) cornstarch
- 5 ml (1 tsp) cinnamon
- 1 unbaked pastry shell, rolled out flat
- 50 ml (1/4 cup) apple juice

Health Solutions

Bean there, vanilla



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You've seen the little black specks in your vanilla bean ice cream that make it look like there's dirt in it, but have you considered where they came from?

Vanilla beans come from an orchid plant and are technically the fruit of the fertilized flower. The pods are harvested six months after they sprout but before they pop open to spread their tiny, aromatic seeds.

They are then watered, wrapped to ferment and dried in the sun. No wonder they are so expensive. Sheesh.

Is it really worth buying the pods over the "extract"?

The extract contains the essence of the bean that has been soaked in alcohol. The pods themselves contain exponentially more flavour and nutrients. In fact, the vanilla bean is one of the top 20 highest anti-oxidant foods.

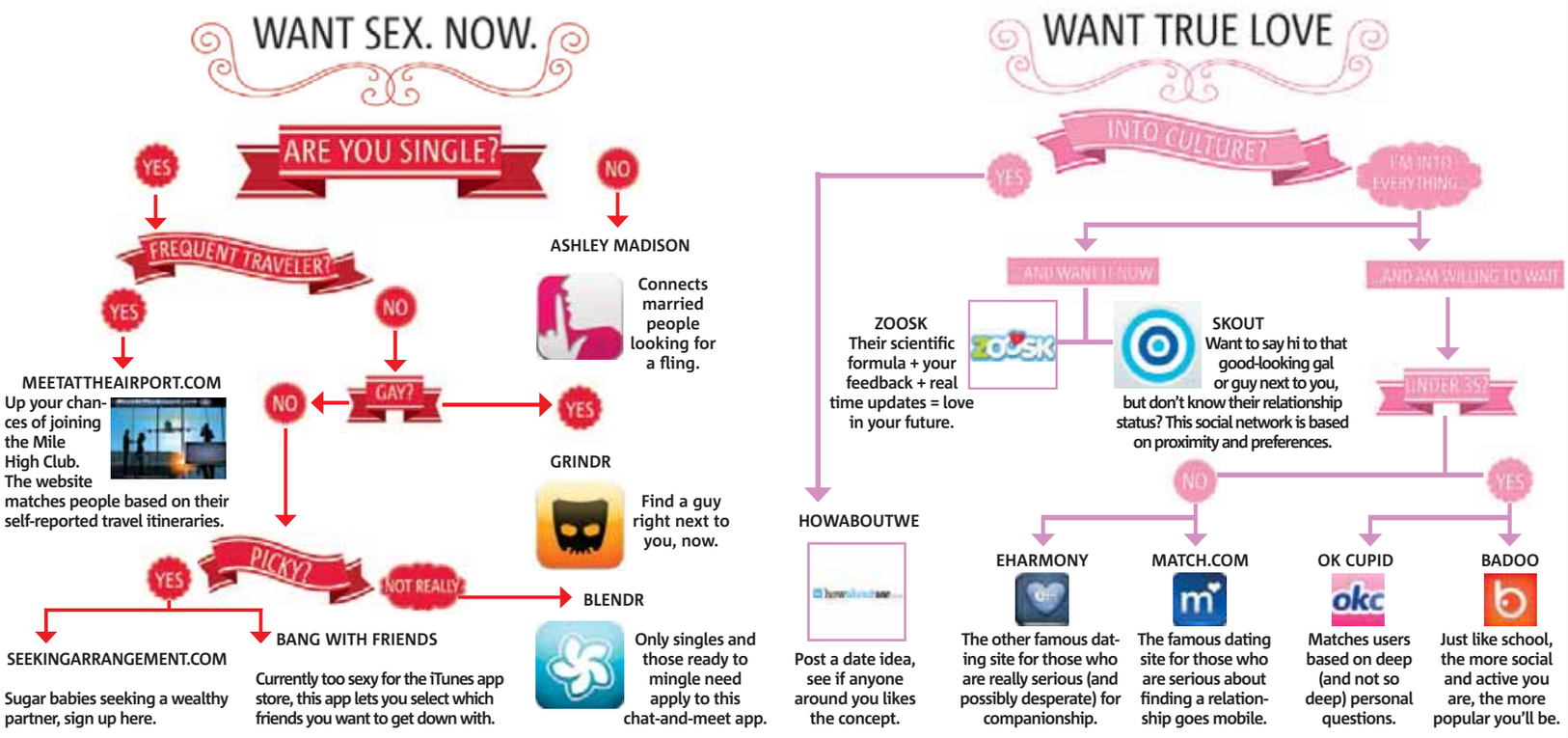
If you are making a custard or ice cream where the vanilla flavour is crucial, you absolutely want the real deal.

Here's a trick that will make you look like the newest foodie on the block. After scraping the seeds into your dessert, don't toss the pod. Add it to your sugar bowl and cover. Within a week, you will have your own flavoured sugar perfect for sprinkling on cereal or into coffee.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

SO YOU WANNA DATE?

New advances in dating technology have made it easier to find someone, but also overwhelming. Thanks to this handy-dandy chart, you'll never be alone again. TEXT: MICHELLE CASTILLO, GRAPHIC: MIA KORAB; METRO WORLD NEWS


WANT SEX. NOW.
ARE YOU SINGLE?
YES
NO
ASHLEY MADISON
Connects married people looking for a fling.
FREQUENT TRAVELER?
YES
NO
MEETATTHEAIRPORT.COM
Up your chances of joining the Mile High Club. The website matches people based on their self-reported travel itineraries.
NO
GAY?
YES
GRINDR
Find a guy right next to you, now.
YES
PICKY?
NOT REALLY
BLENDR
Only singles and those ready to mingle need apply to this chat-and-meet app.
SEEKINGARRANGEMENT.COM
Sugar babies seeking a wealthy partner, sign up here.
BANG WITH FRIENDS
Currently too sexy for the iTunes app store, this app lets you select which friends you want to get down with.
WANT TRUE LOVE
INTO CULTURE?
YES
I'M INTO EVERYTHING
...AND WANT IT NOW
...AND AM WILLING TO WAIT
ZOOSK
Their scientific formula + your feedback + real time updates = love in your future.
SKOUT
Want to say hi to that good-looking gal or guy next to you, but don't know their relationship status? This social network is based on proximity and preferences.
UNDER 35?
NO
YES
HOWABOUTWE
Post a date idea, see if anyone around you likes the concept.
EHARMONY
The other famous dating site for those who are really serious (and possibly desperate) for companionship.
MATCH.COM
The famous dating site for those who are serious about finding a relationship goes mobile.
OK CUPID
Matches users based on deep (and not so deep) personal questions.
BADOO
Just like school, the more social and active you are, the more popular you'll be.

Male, middle-aged and bankrupt?

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are male and entering middle age with a fair chunk of non-mortgage debt then bankruptcy might be just around the corner.

According to research by trustee firm Hoyes, Michalos & Associates into 7,000 insolvency filings, the typical bankrupt Canadian is a 43-year-old man owing $61,000 above and beyond a mortgage.

Credit Canada Debt Solutions CEO Laurie Campbell outlined the findings in her recent blog, fortheloveofmoney.ca.

What really shocked Campbell was the discovery that the average debt level of insolvent 50- to 59-year-olds was more than $84,000.

"Who knew that the generation which grew up with the Freedom-55 ads (touting early retirement through smart financial planning) would find itself in such a sorry fiscal state?" she writes.

Equally worrying are those 60 and over. Among the group studied they carried nearly $70,000 in unsecured debt.

You might dismiss the findings if you are much younger (and female), but according to the study's author, Doug Hoyes, "We are all pretty close to the edge. What is saving us is that interest rates are low."

Hoyes points out that there isn't a whole lot of difference between the current average debt to income ratio of 165 per cent and that of the insolvent individuals at 215 per cent. It boils down to the fact that many Canadians won't be able to handle even a small increase in interest rates. Even something as small as the June 10 notice by TD Canada Trust nudging the five-year closed rate to 3.29 per cent from 3.09 per cent, could be the financial tipping point for some.

Larger rate increases, as will eventually happen, may also appear quite small. But Hoyes cautions consumers to look at the numbers a different way.

"Going from a three per cent to four per cent interest is not an increase of one per cent in your payments. If your rent goes from $300 to $400 per month, how much did your rent increase? Answer: one third, or over 33 per cent." Similarly, the cost of a mortgage at four per cent is 33 1/3 per cent higher than one at three per cent.

The typical bankrupt Canadian is a 43-year-old man owing $61K above and beyond a mortgage. ISTOCK IMAGES

Those who worry they are on the edge of affordability should take action. The charitable Credit Canada Debt Solutions (creditcanada.com), for example, offers financial counselling and coaching to help consumers with debt.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

SALES REPRESENTATIVE

Who We Are: Metro is Canada's most-read national daily newspaper brand. Metro targets YAMs (youthful, active metropolitans) and reaches more than 1.6 million readers daily and 3.9 million over the course of a week. Metro launched in Canada in Toronto in 2000 and in the spring of 2012, we launched in 6 new cities. In short – we're still growing!

When you join Metro, you become part of a cross-country community. We strive to provide a culture that is engaging, flexible and creative; we value our employees and their feedback. Metro offers a comprehensive compensation and benefit package.

Metro Vancouver is seeking an experienced sales professional to achieve regional targets for print & online and other performance metrics by developing new business.

PRIMARY RESPONSIBILITIES:

- Manage and grow an assigned retail sales territory
- Design advertising programs to reflect the clients' objectives
- New Business Development
- Creatively negotiate rates
- Sell a portfolio of Metro branded products

REQUIREMENTS OF THE POSITION:

- Post secondary education in a related field
- 3 years experience in sales/media sales
- Proficient in Microsoft Office applications
- Creative, efficient, flexible & detail oriented
- Strong verbal and written communication skills
- Proven track record in profitable selling

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 12, 2013.
PLEASE QUOTE: "Sales Representative – Vancouver" in the subject line.
All submissions will be treated as confidential.

metro

LEARNING CURVE
METRO CUSTOM PUBLISHING

TURN DEGREES INTO CAREERS

Canada's universities are among the best in the world, but face challenges matching education to labour market needs, according to a new study.

The Conference Board of Canada's Education and Skills report card gives Canadian universities an A and ranks the country second overall, but we earned Bs and Cs for return-on-investment. Canada also received Cs for percentage of university graduates in science, math, computer science and engineering. The report card gave us a D for the number of PhD graduates.

"Within the post-secondary system, we must improve co-ordination among offerings, thereby creating better pathways to workplaces, jobs and careers," says Daniel Muzyka, president of the board.

Allan Rock, president of the University of Ottawa, offers a robust defence of the university degree, but suggests how the gap between education and workforce arises. He cites a CIBC report finding labour shortages in 25 professions requiring a degree. They include optometrists, engineers, doctors, dentists and social workers. A degree might not guarantee a career, but many careers require a degree.

"Contrary to the myth of the irrelevant university, there continues to be a strong demand for university graduates," he says.

He notes that a "quiet bias" may also be at work in steering some students into university when they would be better served by college.

"Some students are pressed by family or friends to attend university because it is seen as the more 'academic' or prestigious option," he says. "That bias is insidious and unfair. We must do everything we can to dispel it. Young people should be free to choose the option that is right for them, unburdened by false perceptions and distorted views."

– Jon Tattrie

ACUTE CARE SKILLS
for Health Care Assistant / Resident Care Attendant
Acute Care Ward Clinical space filling up FAST!
ACUTE CARE SKILLS CERTIFICATE PROGRAM
Full-time. NO waitlist. Start right away.
Be Working in a Hospital Next Month!
Pacific Coast Community College
604.730.1106
202-1338 W. Broadway, Vancouver
www.pacificcoastcommunitycollege.com

Skills Connect For Immigrants Program
WANT A JOB THAT USES YOUR SKILLS AND EXPERIENCE?
We Can Help Put Your Skills To Work!
Call Us To Find Out More About:
Language Development, Training, Job Search and Connecting to Employers!
TRAINING innovations
604.298.4720
www.skillsconnectbc.com
Canada | British Columbia | WelcomeBC
The Skills Connect for Immigrants Program is part of the WelcomeBC umbrella of services, made possible through funding from the Government of Canada and the Province of British Columbia.

DRAKE MEDOX COLLEGE
BECOME A HEALTH CARE ASSISTANT IN ONLY 6 MONTHS!!
FLEXIBLE PART-TIME OPTIONS SO YOU CAN EARN WHILE YOU LEARN.
VANCOUVER & SURREY CLASSES
CALL US NOW TO LEARN MORE
604.629.0196
On A Waitlist? WAIT NO MORE!!
210 - 535 West 10th Ave, Vancouver BC
www.drakemedoxcollege.com
PCTIA ACCREDITED

BRIGHTON COLLEGE
METRO CUSTOM PUBLISHING

NAIL DOWN A JOB IN CONSTRUCTION INDUSTRY

B.C.'s construction management sector continues to grow. If you are part of the construction industry, you may be only a few courses away from a lucrative new career.

The jobs are waiting. Demand for workers in construction management is expected to reach 23,900 this year alone. By 2015, that number is predicted to be almost 25,000. Yes, these positions demand a range of different skills and credentials, but with the experience you already have, plus a willingness to learn, you can reap the benefits.

Perhaps you would like a new career as a construction estimator? With an average salary of $53,000 to $66,000 per year, these professionals are well-paid. It is the construction estimator who measures areas and volumes, estimating the quantity of materials and labour needed for a project. Without the input these men and women provide, projects cannot happen.

Brighton College offers you a direct path to this and many other careers in construction management. Its 32-week construction and drafting technician diploma program teaches you the skills and knowledge you need to join the sector now. In addition to in-class study, you will benefit from a four-week practicum, completed on-site at a local construction firm. New classes begin July 1.

To learn more call 604-901-5121 or visit brightoncollege.com.

CONTRIBUTED

Your future is bright in Construction and Drafting
"Brighton College's construction program taught me how to use new technologies like Civil 3D."
- William Pan, Construction Graduate
START YOUR CAREER
Get certified fast! Check out our professional Construction courses today.
Call today 604-901-5121 BrightonCollege.com
BRIGHTON COLLEGE

CONTRIBUTED

LEARN TO MOULD MINDS OF THE FUTURE

Learn to help mould the minds of the future with an education in early childhood care and education at MTI Community College.

This 48-week long program will teach students the theoretical and practical knowledge applicable to working with children ages two and a half to about six.

"Our program is largely based on the Reggio Emilia Approach, which promotes a child-centred approach to learning, offers hands-on, multi-sensorial experiences for children and provides for active exploration," says Quin Siah, program director for early childhood care and education.

Students in this program will learn theoretical subjects such as child growth and development, licensing regulations, health, safety and nutrition, guidance skills, as well as courses related to program planning in a childcare centre with subjects such as language and literature, music and movement, and science, socials and math.

Upon completion of all courses, students will complete two practicum placements in licensed childcare facilities (group daycares or preschool centres).

"MTI's ECCE graduates have a high success rate of employment," Siah says. "Our strong reputation is evident by the fact that employers often contact us directly with job postings, requests for practicum students, assistants and program support."

With monthly intakes and no wait list, start your new career anytime that works for you. For more, visit mticc.com.

KPU STUDENT EARNS TOP 25 UNDER 25 AWARD

A student enrolled in Kwantlen Polytechnic University's (KPU) bachelor of business administration program has been recognized by the Surrey Board of Trade at its Top 25 Under 25 award banquet.

David Dryden, a fourth-year KPU student, was one of 25 Surrey residents younger than 25 honoured for their business or community achievement, leadership ability, community involvement, professional achievements and uniqueness of their business or community projects.

Dryden is part of KPU's entrepreneurial leadership program, and is a member of the University's President's Ambassadorial Team. He has focused an abundance of time on the promotion of KPU's brand awareness and vision with local organizations and has helped raise $20,000 over the past two years to establish an endowment fund for student scholarships.

"KPU and the School of Business have provided me with the fundamentals to succeed in my many endeavours in life," Dryden said in a press release. "I can incorporate the skills and knowledge learned at KPU into the community initiatives I am involved in – whether it be working on a committee, chairing a council or coaching a sports team. I could not have earned this award without the support of the KPU community."

To learn more about the Top 25 Under 25 and the Surrey board of Trade, visit businessinsurrey.com.

David Dryden and Jeff Norris, KPU CAO and executive director of external affairs.

CONTRIBUTED

ADLER.

Graduate Degrees in Psychology + Counseling

The Adler School is founded on an important idea: Our health resides in our community life and connections. This is what drives our ground-breaking curricula and commitment to community health.

We work with those courageous enough to want to change the world. Our master's and doctoral degrees prepare students with the theory and practice to become agents of social change. **The Adler School — Leading Social Change.**

Apply today for the fall 2013 start.

OPEN HOUSE
Sunday, June 23
1-3pm

INFORMATION SESSION
Thursday, July 18
5:30–7:00pm

ADLER SCHOOL

adler.edu
Adler School of Professional Psychology
Suite 1200, 1090 West Georgia St., Vancouver, BC V6E 3V7

LEARN THE SKILLS YOU NEED AT VCC

Vancouver Community College (VCC) students have proven they have the skills to succeed after bringing home two medals in the recent Skills Canada national competition.

Rachelle Garcia, 18, won gold in the hair design — high school category.

"Knowing that our students are being celebrated as the best estheticians and hairstylists in B.C. and Canada is truly exceptional," says Lucy Griffith, lecturer and assessor in skin and body therapies, skin and body therapies and hair design department. "It's so amazing to be part of such a passionate, inspirational, and positive group of young people with the world at their fingertips."

Griffith says VCC was the first school to put a B.C. student in the Skills Canada competition this year for esthetics and is consistently excelling in hair design.

"This demonstrates to prospective students that you can become the best in industry for both hair design and/or skin and body therapy if you take our innovative programs here at VCC," Griffith says.

Georgine Chung

Rachelle Garcia

CONTRIBUTED PHOTOS

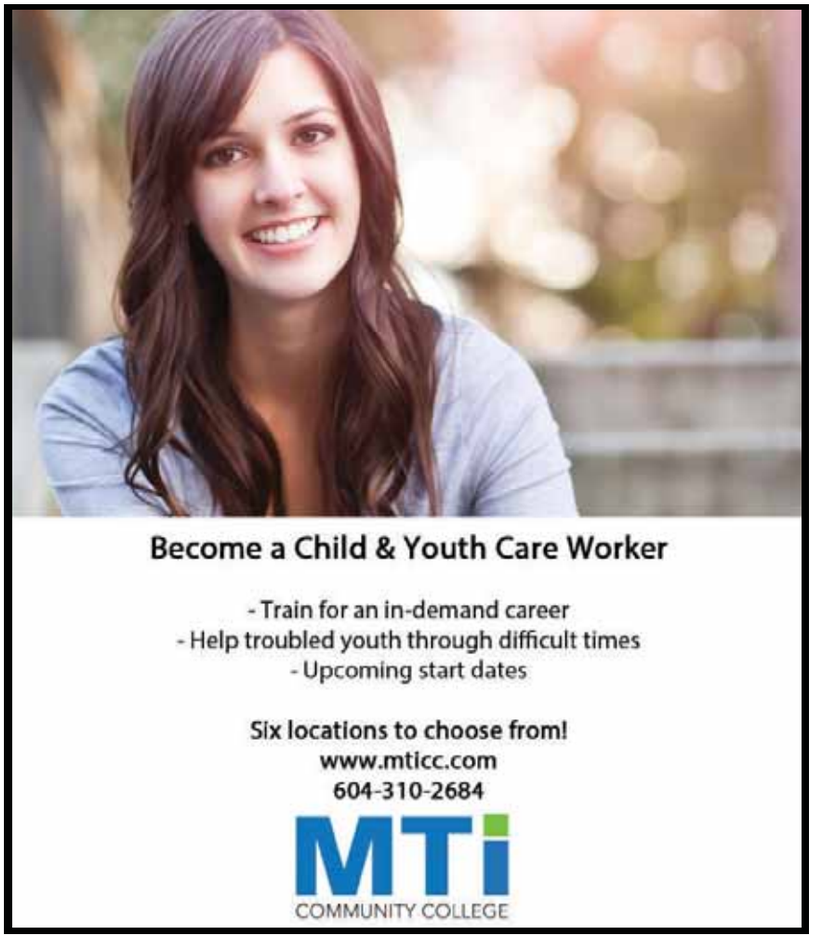
"Being able to show our future students the successes that VCC has had in both hair design and skin and body therapy is priceless."

Georgine Chung, 19, captured bronze in the baking and pastry srts category.

A total of 40 students from B.C. took part in the national competition, eight of which are from VCC.

With an estimated one million job openings in B.C. by 2020, and more than 40 per cent of these requiring specialized skills training, the importance of providing youth with opportunities to learn more about skilled trade and technology career possibilities is more important than ever.

To learn more about VCC, visit vcc.ca.



Earn Your M.B.A. in Vancouver from a Global Institution
■ In the Heart of Downtown Vancouver
■ Attractive Scholarships are Available for Qualified Students
■ Flexible Course Offerings
■ International Students are Eligible for Off-Campus and Post-Graduation Work Permits
■ Option to Transfer to New York and Other Global Campuses
For details, visit:
nyit.edu/canada
or call 604.639.0942
email: vancouverinfo@nyit.edu
NYIT, 701 W. Georgia St., 17th floor, Vancouver
NYIT
New York Institute of Technology
WE'RE OUT THERE. JOIN US.

HEALTH RESIDES IN COMMUNITY LIFE

While pursuing his master's degree in counselling psychology at the Adler School of Professional Psychology, Dawson Wambolt established a peer-support training program for the staff at RainCity Housing in the Downtown Eastside, which provides progressive housing solutions for the homeless.

Wambolt developed the program as part of his Adler School Community service practicum and continued supporting it well after his practicum ended. His work trained the staff in applying basic group interaction, crisis intervention and additional skills to facilitate roundtable discussions with their homeless clients.

"Social interest and socially responsible practice specifically inform the Adler School's curriculum and training," says Larry Axelrod, PhD, campus dean. "As a result, our students, like Dawson, are specifically prepared to support sustainable change in the environmental and community structures that affect marginalized populations."

As an independent, not-for-profit institution of higher learning, the Adler School has continued the work of Alfred Adler, the first community psychologist, since 1952. Adler taught — as the Adler School does today — that people's health resides in community life, and that practitioners must advocate for the social conditions that promote well-being.

SOCIAL JUSTICE
Social justice refers to equitable distribution of economic, political, civic, cultural, social, and other resources and opportunities in society in order to promote the optimal development of persons and communities.
CONTRIBUTED

As a result, the Adler School uniquely prepares socially responsible practitioners to lead social change for improved health outcomes. Its community service practicum has been recognized as a best practice in the field, enhancing graduate degree programs that train students in methods of providing psychological services that affect social policies and solve social problems.

On June 18, the Adler School will take part in its second Community Action Day in conjunction with Stratford Hall International Baccalaureate World School. The Adler School's faculty, staff, students, and alumni, together with Stratford Hall students and teachers, are partnering with community organizations to help strengthen and expand their roles serving the community.

The Adler School offers degree programs including master's programs in community psychology, organizational psychology and counselling psychology, as well as a doctorate of psychology in clinical psychology. Applications are being accepted for all master's programs for the fall 2013 term.

An admissions open house will be held June 23 from 1-3 p.m., while an information session will be held July 18 from 5:30-7 p.m.

To learn more about the Adler School and RSVP for an upcoming event, contact admissions at 604-482-5510 or vanadmissions@adler.edu.

KWANTLEN POLYTECHNIC UNIVERSITY
Your University
KPU Cloverdale • KPU Langley
KPU Richmond • KPU Surrey
kwantlen.ca

STAND OUT IN TOURISM INDUSTRY

AT THE CANADIAN TOURISM COLLEGE

Canadian Tourism College is excited to announce the new campus opening on June 24.

This new, centralized location will provide access for students coming from any part of the Lower Mainland.

"The completely renovated space has an open concept," says Gwen Donaldson, president, Canadian Tourism College.

Each class will be outfitted with new desks, chairs, whiteboards, Wi-Fi, projectors, and some with equipment relating to the career of interest such as flight attendant or adventure gear.

"Our goal is to provide our students with the latest equipment and technology so that they continue to stand out in the industry," Donaldson says.

ALEXRATHS/VEER

Nestled between both SkyTrain services, numerous bus stops, and in the heart of the hospitality and tourism district, this will provide CTC students with more on-the-job learning and career opportunities than they could imagine.

Aside from the new campus, Canadian Tourism College is still offering the same great education.

The higher diploma in international tourism and events management ladders in to the IMI degree program and gives students a chance to learn internationally.

Once students complete their education, Donaldson says graduates have had an employment success rate of more than 90 per cent within the industry.

For more information, visit tourismcollege.com/why-ctc.

SURREY CAMPUS TO HOST PART-TIME MBA PROGRAM

Residents in the Surrey area looking to pursue an MBA will soon have the option of obtaining one in their city through Simon Fraser University's (SFU) renowned Beedie School of Business (BSB).

Officials with SFU recently announced that BSB will be offering a part-time MBA at the school's Surrey campus starting in the winter 2014 semester. The new program will offer the same curriculum as SFU's full-time MBA, which is offered at the Vancouver campus, however, classes will take place primarily in the evenings to meet the needs of working professionals.

"The implementation of the Beedie School of Business' part-time MBA program provides the city of Surrey's growing business community a new opportunity for growth and progression, as well as reflects Simon Fraser University's dedication to our city," Surrey Mayor Dianne Watts said in a media release. "The astonishing amount of new businesses that have started up in the city of Surrey over the past six years — more than 13,000 — is a testament to the spirit of ingenuity and hard work that resides here, making the establishment of the part-time MBA program a perfect fit."

CONTRIBUTED

The new MBA program is the latest in a long line of firsts for BSB, including launching Canada's first executive MBA program in 1968. The school also has a history of innovation with the city of Surrey dating back to 2002 and the formation of its bachelor of business administration (BBA) program at the SFU Surrey campus.

For more information, visit beedie.sfu.ca/mbasurrey.

Arabic • Farsi • French • German • Japanese • Korean • Mandarin • Portuguese • Spanish • English

• Qualified and experienced teachers
• Convenient location
• Small class size
• Classes available in 10 languages

200 - 1215 W. Broadway, Vancouver
Tel. 604.739.9836
www.languages-vancouver.com

CONSUMER CHOICE AWARD 2013 BUSINESS EXCELLENCE VANCOUVER

International House Vancouver

WANT AN EXCITING CAREER?
CTC HAS THE ANSWERS.

CANADIAN TOURISM COLLEGE™ Established 1980

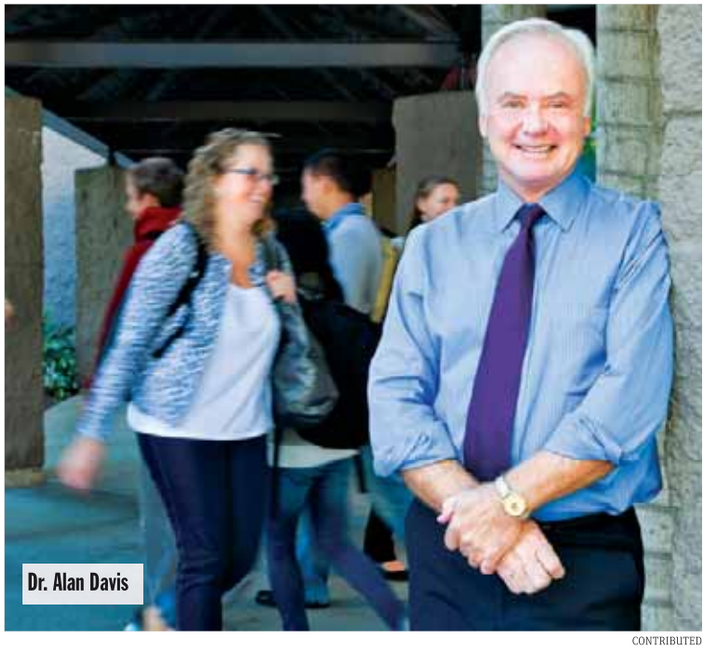
Tourism • Hospitality • Airlines • Spa • Adventure • *Call Today!*

NEW CAMPUS LOCATION!
300 – 530 Hornby Street, Vancouver
Classes start June 24th

Get a HIGHER DIPLOMA
Fast track to a degree program!

Surrey 604.582.1122 • Vancouver 604.736.8000
www.tourismcollege.com

PCTIA ACCREDITED


Dr. Alan Davis

CONTRIBUTED

GET INVOLVED IN THE REAL WORLD

AT KWANTLEN POLYTECHNIC UNIVERSITY

It's upward and onward for Kwantlen Polytechnic University.

With four campuses located in the South Fraser region of the Lower Mainland, KRU serves more than 17,500 students annually.

"We serve the fastest growing population in B.C," says Dr. Alan Davis, president and vice-chancellor of KPU.

KPU offers bachelor's degrees, associate degrees, diplomas, certificates and citiations in more than 200 programs. What sets KPU apart from other universities is the unique classification of being a polytechnic university.

Students who attend KPU get the advantages of the classroom-based learning of a university and the applied skills of a polytechnic institution.

"As a polytechnic university, we get students involved in the real world, not just in the classroom," Davis says.

As KPU continues to grow in size and reputation, its course offerings also continue to grow. One of KPU's more popular new programs involves some new courses through the school of horticulture.

With growing populations through the world, Davis says the industry is demanding to find new and effective ways to feed people.

"There is a huge interest in agriculture and demand for food sources," Davis says.

With its state-of-the-art training facilities, KPU has positioned itself as a leader in the fields of biology, agriculture, and health sciences.

"At KPU, we reflect the needs of the community we serve through our programming," Davis says. "Anything we do locally has a global impact."

KPU also has plans to expand its offerings in the area of the arts.

Davis says students of KPU boast a 85 per cent employment rate within four months upon graduation.

"When the students leave, they don't only have the book work done, they also have the applied work done as well," Davis says. "This shows employers that they also have real-world experience."

For more about Kwantlen Polytechnic University, visit kwantlen.ca.

Discover careers at VCC

It's a good feeling to land a great job. Talk to VCC about your career options at one of these free information sessions:

Program	Campus
Adult upgrading Thursday, June 20, Noon – room 1227, building B	Broadway
Auto collision repair and auto refinishing Wednesday, June 19, 5 p.m. – lobby, building B	Broadway
Drafting technician Wednesday, June 19, 4 p.m. – room 717	Downtown
English Pathways (new ESL course) Thursday, June 20, 10 a.m. – room 526	Downtown
English language preparation for health sciences Tuesday, June 18, 6 p.m. – room G221, building B	Broadway
Hair design Wednesday, June 26, 4:30 p.m. – room 201	Downtown
Legal administrative assistant Thursday, June 20, 3:30 p.m. – room 618	Downtown
Occupational/physical therapy assistant (rehab assistant) Wednesday, June 19, 12 p.m. & 4:30 p.m. – room 4205, building A	Broadway
Skin and body therapy (esthetics) Wednesday, June 26, 4:30 p.m. – room 201	Downtown
Teaching English to speakers of other languages (TESOL) Tuesday, June 18, 12 p.m. – room 518 Tuesday, July 2, 12 p.m. – room 518	Downtown Downtown
Transportation trades Tuesday, June 18, 11 a.m. – lobby, building B Tuesday, June 25, 11 a.m. – lobby, building B	Broadway Broadway
University transfer Thursday, June 20, Noon – room 1227, building B	Broadway
Admin Careers Info Night Tuesday, June 25, 4:30 p.m. – room 1228	Broadway

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **vcc.ca** or call **604.871.7000**.

VANCOUVER COMMUNITY COLLEGE

View all VCC info sessions and tours

www.vcc.ca

Yard-eater Williams drawing attention

CFL. Returner shows B.C. brass his speed with monster pre-season TD

CAM TUCKER
cam.tucker@metronews.ca

Receiver/kick returner Korey Williams runs the ball in pre-season action on Friday in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

It's one of the most exciting plays in football: The kickoff return for a touchdown.

It happens quickly, this dazzling display of speed and the ability to make opposing players miss — foolishly, in some cases — their tackles, as the returner somehow finds an opening amid the converging pack of violently propelled humanity.

Blockers, those charged with opening up a running lane for the returner, also play their part, but often don't receive the same accolades.

B.C. Lions import receiver and kick returner Korey Williams, entering his first Canadian Football League season, ran a kickoff back 105 yards for a touchdown against the Calgary Stampeders in Friday's exhibition game.

As the Stampeders' kickoff coverage team clashed with B.C. blockers, Williams was able to escape the crowd with a dash to his right around the Lions' 30-yard line, and went basically untouched the rest of the way for the major score.

"His biggest strength is his speed, his explosive speed and his quickness," Lions head coach Mike Benevides said in a phone interview on Monday.

"What you saw, he was able to stick to the format of blocking. The blocking gave him a chance. And as we say, once we give that guy a window of opportunity, you've got to make the rest on your own, whether it's making guys miss or speed.

"And when he burst out of there, he burst out of there in a big way."

The big run for the touchdown was the highlight for Williams in what was considered a solid pre-season debut.

Once a member of the Omaha Beef in the Indoor Football League, Williams had another good return in the fourth quarter, this time for 32 yards. It gave the Lions strong field position, which led to the game-winning 47-yard field goal from Hugh O'Neill.

First impressions, right?

"He exploded, he showed his speed. The game didn't seem too big for him," Benevides said.

"All the pieces that you look for seem to be there now. There's things that still need to be fixed but that first impression and that first test certainly went very well."

Encouraging sign

"It just identifies under real game conditions, he did a nice job."

Lions head coach Mike Benevides, on Korey Williams.

MLS

Miller rewarded for stellar play

Kenny Miller's brilliant performance against the New England Revolution over the weekend has earned him MLS player of the week honours.

Miller, the Scottish striker, had two goals and drew a red card, as the Vancouver Whitecaps staged a thrilling 4-3 comeback win over the Revolution on Saturday at BC Place Stadium.

Miller's goals were a combination of finesse, patience and power. He scored his first of the evening on a left-footed strike, after clearing space for himself by chipping the ball over the head of defender Stephen McCarthy.

The goal got the Whitecaps on even terms with the Revolution late in the first half, after the local side fell behind by a pair of goals in the opening 20 minutes of play.

Miller scored his second goal of the game in the second half, to give the Whitecaps a two-goal lead of their own.

He collected a Camilo Sanvezzo pass off his chest, then booted home the volley from just outside the box.

The Whitecaps held on for the three points and moved within a point of the L.A. Galaxy for the fifth and final playoff spot in the Western Conference.

CAM TUCKER/METRO

Kenny Miller THE CANADIAN PRESS

Paille helps Boston cream Blackhawks

Daniel Paille of the Bruins celebrates his game-winning goal against the Blackhawks in Game 3 of the Stanley Cup final. HARRY HOW/GETTY IMAGES

Daniel Paille and Patrice Bergeron scored second-period goals and Tuukka Rask made 28 saves on Monday as the hard-charging Boston Bruins blanked the Chicago Blackhawks 2-0 to take a 2-1 lead in the Stanley Cup final.

The Bruins were full value for their second straight win, coming out hard and crashing Chicago. Boston seemed bigger, faster and meaner on the night.

Even anthem singer Rene Rancourt seemed up for it, adding a few more degrees of difficulty to his litany of pre-game fist pumps and facial contortions. The TD Garden crowd of 17,565, Boston's 163rd straight sellout, ate it up.

Paille, the overtime hero of Game 2, opened the scoring for Boston as the Bruins' reshaped third line of Paille, Chris Kelly and Tyler Seguin paid dividends again. The trio accounted for both Boston goals in the Bruins' overtime win in Game 2.

Bergeron then scored on the power play, with Paille and Kelly prompting the Hawk penalties that led to the goal. The Bruins forward was a one-man machine, with six shots in the first two periods alone. He also dominated faceoffs, winning 19 of 22 in the first 40 minutes.

Game 4 goes Wednesday in Boston. THE CANADIAN PRESS

History on Bruins' side

21/25

Teams winning Game 3 after splitting the first two games of the final have gone on to win 21 of 25 times.

Horoscopes

♈ Aries
March 21 - April 20
As far as you are concerned, there is no such thing as a lost cause and you will prove it today. The first rule of success is to believe it is possible and, one way or another, your belief will make it a fact.

♉ Taurus
April 21 - May 21
Not everyone shares your sense of humour, so watch what you say today. If you offend the wrong person, it might adversely affect your professional situation.

♊ Gemini
May 22 - June 21
Make the most of the Sun's last few days in your sign to show what you can do. Not that you won't be able to show it after the Sun has moved on, but at the moment you are positively glowing.

♋ Cancer
June 22 - July 23
You don't need to change a thing in your life. Just keep to the path you are already travelling. The great thing about Cancer is you have staying power: Once you start something, you don't stop.

♌ Leo
July 24 - Aug. 23
It's not like you to cling on to something you don't need but that is what you appear to be doing. The tighter you hold on to it, the more it will hurt when it is taken away. Give it up.

♍ Virgo
Aug. 24 - Sept. 23
The eyes of the world are on you now and what you do over the next few days could change your life in meaningful ways. Believe you can be the biggest and the best.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to people who try to tell you that you are going about something the wrong way. Your instincts tell you a different story and your instincts are never wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Someone may possess something you want but don't let your envy show. It's quite likely that from their point of view, you are the one who to be envied. Grass always looks greener on the other side.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone will offer you something for nothing today and although you will be tempted to take it, you may hesitate in case there's a catch. Rest assured it's not a trick.

♑ Capricorn
Dec. 22 - Jan. 20
Life may be a bit dull at the moment but in a matter of days you will be so busy you may long for some tedium again. Too bad, you won't get it. If you want to move up in the world you've got to work hard.

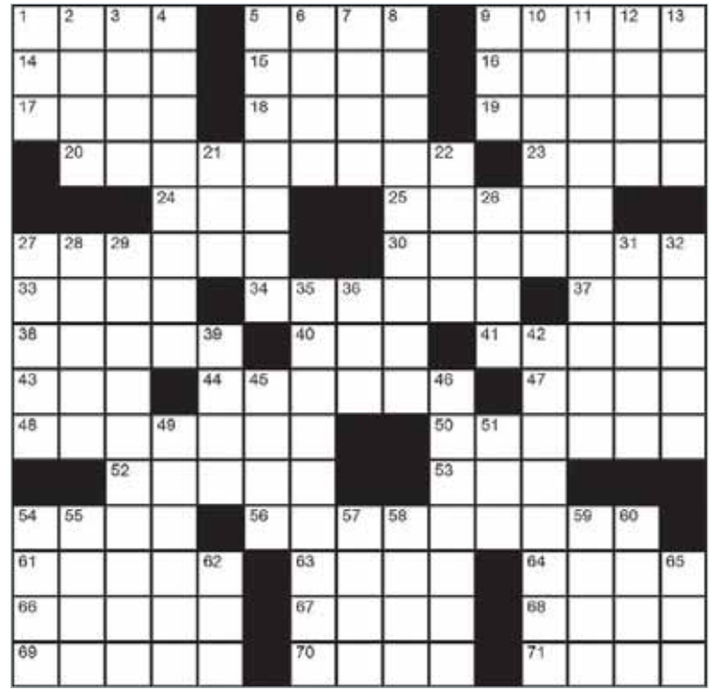
♒ Aquarius
Jan. 21 - Feb. 19
You have nothing to fear and everything to look forward to. Anything of a creative nature will work well for you today, and even better tomorrow. Don't follow the herd.

♓ Pisces
Feb. 20 - March 20
If you have fallen behind in your schedule, this is the ideal time to catch up. Once you make the effort to start you won't want to stop, not until you are finished at least. You may end up working through the night. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

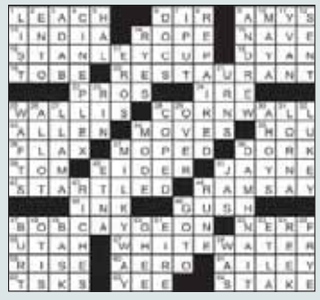
BY KELLY ANN BUCHANAN



Across
1. Premier of Saskatchewan, Brad __
5. Car rental company
9. Gulf War missiles
14. Ms. Perlman
15. Suit piece
16. Vietnam's capital city
17. New York baseball player, for short
18. Canadian author Mr. Miller
19. Sprite-like
20. Southeast-of-Winnipeg city in Manitoba
23. Contact __ (Vision corrector)
24. Norse Myth: Underworld goddess
25. Gold measurement, variantly
27. Hold back
30. Kettle's sounder
33. Ms. Ephron
34. Nearly
37. Really long time
38. Purse material
40. Brouhaha
41. Mrs. '__ Goes to Paris (Paul Gallico novel)
43. Cousin of -ette
44. Roamers
47. Architect Mr. Saarinen
48. Securing: 2 wds.
50. More furious
52. Pub game
53. "Monsters, __." (2001)
54. Component, as of a process
56. Some office devices
61. Gangly
63. Pack _ __ (Get ready to vacation)
64. Lindsay Lohan's mom
66. Mr. Shaw (Famed clarinetist)
67. Rock's __ Straits
68. Surrounded by
69. "Hey! That __ funny."
70. Sporty TV network
71. Units of a gym user's sety

Down
1. Like some humour
2. Detective's sound effects
3. Loaned
4. Thunder Bay university
5. Anne of Green Gables setting
6. Action word
7. Madonna hit: "La __ Bonita"
8. St. John's-born singer Kim
9. Particular pronoun
10. Opera legend Maria
11. '__ and alive' ...how Joni Mitchell felt in "Free Man in Paris"
12. Bump off: 2 wds.
13. Breaks a Commandment
21. Roadside mil. hazard
22. Triumphant laughs
26. Ms. MacNeil
27. Map detail
28. Ho-hum hair hue
29. Canadian food brand, __ Choice
31. France's longest river
32. Belgian painter, James __
35. Wild house party 'hat', perhaps
36. Annual telethon org.
39. Civil or Electrical, e.g.
42. BC's provincial tree, Western __ __
45. Ins and __
46. Bit
49. Serviette
51. Meaning of: &
54. Deli side dish
55. Charlottetown-born singer Ms. MacLean
57. Baseball stats
58. Wild West's Wyatt
59. Frost
60. Prune
62. Even so
65. Promos

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	8	3	4	6	5	9	2	7
6	7	2	1	9	3	5	8	4
9	4	5	8	7	2	3	1	6
2	1	4	5	3	8	7	6	9
3	9	6	7	2	1	4	5	8
7	5	8	6	4	9	2	3	1
5	6	7	3	8	4	1	9	2
4	2	1	9	5	6	8	7	3
8	3	9	2	1	7	6	4	5

Today
19°/12°
Mainly sunny

Wednesday
18°/13°
Showers
40%

Know what the weather will be 14 days from now.
Check the 14 day trend.
©The Weather Network 2013

m2dental
FATHER'S DAY PROMOTIONS
604 685 9851
50-323 Jervis St
www.m2dental.com

How do I become a Dentist ?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more

FLIGHT CENTRE
The Airfare Experts
1 866 519 5111
flightcentre.ca

Seattle Long Weekend
2 Nights
from $229 pp
INCLUDES art deco accom.
ADD Space Needle admission from $25.

Conditions apply. Ex: Vancouver. All advertised prices include taxes & fees. Hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. pp=per person. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

HANDY DEALS! JUNE 17TH THRU JUNE 22ND

YOUR ONE STOP SHOP - SALES, SERVICE & PARTS!

SAMSUNG

21.6 Cu. Ft. Bottom Freezer French Door Refrigerator

Model: RF220NCTA

STAINLESS STEEL **$1399**

☐ ☐ Subtract $200 for White or Black

SAMSUNG

22.5 Cu.Ft Counter Depth French Door Refrigerator

Model: RFG237ACRS
Color: Stainless Steel

SALE PRICE **$1999**

SAMSUNG

25.6 Cu. Ft. French Door Refrigerator

Model: RF263BEAESR
Color: Stainless Steel

SALE PRICE **$1799**

SAMSUNG

31.7 Cu. Ft. French Door Refrigerator

Model: RF32FMQDBSR
Color: Stainless Steel

BUY THIS FRIDGE & GET A FREE MATCHING OVER THE RANGE MICROWAVE!

SALE PRICE **$3999**

STILL OR SPARKLING
NOW GET BOTH FROM YOUR FRIDGE DOOR

SAMSUNG

30.5 Cu. Ft. 4-Door French Door Fridge w/ Sparkling Water Dispenser

Model: RF31FMESBSR
Color: Stainless Steel

SALE PRICE **$2999**

SAMSUNG

30" Freestanding Gas Range, 5 Sealed Burners, 5.8 Cu. Ft.

Model: FX710BGS
Color: Stainless Steel

SALE PRICE **$1399**

SAMSUNG

30" Freestanding Electric Convection Range, 5.9 Cu. Ft.

Model: NE595R1ABSR
Color: Stainless Steel

SALE PRICE **$999**

Danby

24" Built-In Wine Cooler 50 Bottle Capacity

Model: DWC508BLS
Color: Black w/ Stainless Steel Door

** SLIGHTLY BLEMISHED MODEL

MSRP $799

CLEARANCE **$399**
*Only 8 Available

LG

27" Electric Dryer with 7.1 Cu. Ft. Capacity

Model: DLE4801W
Color: White

MSRP $799

CLEARANCE **$499**

*Only 4 Available

Danby

4.34 Cu. Ft. Beverage Centre

Model: DBC434A1SDB
Color: Black w/ Stainless Steel Door

** SLIGHTLY BLEMISHED MODEL

CLEARANCE **$199**

4.3 Cu. Ft. Washer & 6 Cu. Ft. Electric Dryer Laundry Pair

Models: GTAP1800DWW / GTMX180EDWW
Color: White

SUPER PROMO PAIR PRICE **$749**

Danby

12,000 BTU Portable Air Conditioner

Model: DPAC12010H

MSRP $499

CLEARANCE **$277**

Refurbished Unit
Full Factory Warranty
** 36 Available

GE SUPER PROMO Kitchen Package

33" French Door Refrigerator, 22.1 Cu. Ft Model: GFRS2KBY

30" Freestanding Electric Convection Range, 5.0 Cu. Ft Model: JCBP810

Full Console Dishwasher with 16-Place Settings Model: GDWF160VSS or GDWF100VWW

1.9 Cu.Ft. SpaceMaker Over-the-range Microwave Model: JVM1950

STAINLESS STEEL PACKAGE PRICE **$3299**

☐ Subtract $300 for White

Looking to replace your fridge water filter?

Buy 1 and get the second one 50% OFF

With this coupon.
Expires June 30, 2013.

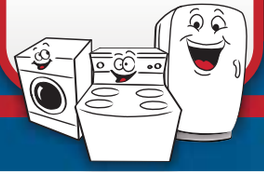
APPLIANCE IN NEED OF REPAIRS?

Book online today with one of our Factory Trained Technicians at **www.HandyAppliances.ca & Save $19.99!**

Expires June 30, 2013

Sales • Service • Parts

HANDY APPLIANCES LTD



Conveniently Located at:
705 E 17th Ave
(Corner of Fraser & 17th)
Vancouver, British Columbia

Hours of Operation

Monday To Friday	8:00AM - 5:30PM
Saturday	9:00AM - 4:00PM
Sunday	Closed

Tel: 604-879-1555 **Fax: 604-879-1575** **www.HandyAppliances.ca**

WE SELL, SERVICE, & INSTALL APPLIANCES. AND WE SELL APPLIANCE PARTS!